

# Adult Programs

Summer 2026 Registration Guide  
Calgary



Registration  
June 10  
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 **W.E.S.O.A.R!** programs, and
- 2 **Adventurers** Day Trips, and
- 2 **Adventurers** Overnight Trips, and
- Unlimited **Special Events!**

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

## Summer 2026 Registration Night: Wednesday, June 10, 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

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  
June 10  
5:30 PM

## Summer **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.

- Summer **W.E.S.O.A.R!** runs for 8 weeks: **July 5 - September 5**
- There will be **no programs** July 1, August 3

## 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  
9:00 AM - 4:00 PM

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



## Sunday Matinee - Various Locations

Whether you like action, comedy, or romance – there’s something for everyone. We’ll be heading to the theatre this session to catch a special movie together. Bring your money for your favourite movie treats!

Cost	\$192
Day	Sundays
Dates	July 5 - August 30
No Program	August 2
Time	3:00 - 6:00 PM
Location	Various

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! Whether you’re a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$200
Day	Sundays
Dates	July 5 - August 30
No Program	August 2
Time	6:00 - 8:00pm
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. Program locations will be provided at least one week before the program in Connect.

Cost	\$192
Day	Tuesdays
Dates	July 7 - August 25
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in 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
Day	Tuesdays
Dates	July 7 - August 25
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in North Calgary

Social ★★☆☆

Personal Growth ★

Active ★

Skill Development ★

## Jammin' Out

Join our 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
Day	Tuesdays
Dates	July 7 - August 25
No Program	N/A
Time	6:00 - 7:30 PM
Location	Summit View United Church

Social ★★☆☆

Personal Growth ★★☆☆

Active ★★☆☆

Skill Development ★★☆☆

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



## 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
Day	Wednesday
Dates	July 8 - August 26
No Program	N/A
Time	5:00 - 7:00 PM
Location	Summit View United Church & Camp Bonaventure Sandy Beach

Social ★★ ★

Personal Growth ★★ ★

Active ★

Skill Development ★★ ★★

## 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! Whether you're a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

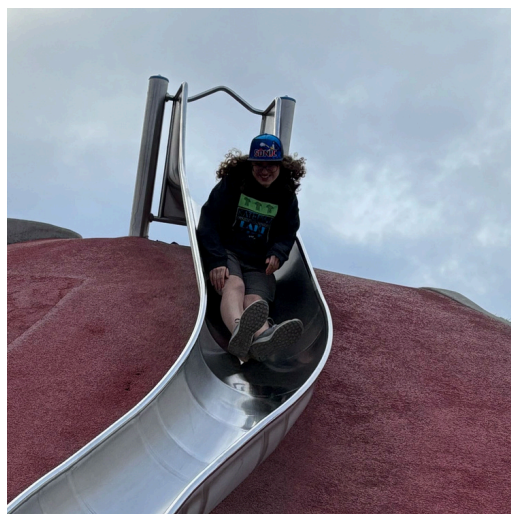
Cost	\$200
Day	Wednesdays
Dates	July 8 - August 26
No Program	N/A
Time	6:00 - 8:00 PM
Location	Powerplay

Social ★★ ★

Personal Growth ★★

Active ★★ ★

Skill Development ★★



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



## Evening Escapes

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 all around Calgary. Program locations will be provided at least one week before the program in Connect

Cost	\$192
Day	Wednesdays
Dates	July 8 - August 26
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in 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	\$192
Day	Thursdays
Dates	July 9 - August 27
No Program	N/A
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
Day	Thursdays
Dates	July 9 - August 27
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★★★★

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



## 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
Day	Thursdays
Dates	July 9 - August 27
No Program	N/A
Time	6:00 - 7:30 PM
Location	Summit View United Church

Social ★★ ★

Personal Growth ★★ ★

Active ★★ ★

Skill Development ★★ ★

## Garden Club

The Between Friends Garden Club is all about getting our hands dirty, growing good food, and enjoying the sunshine together. We'll be doing everything from prepping the garden and planting tiny seeds to tending the beds and harvesting real produce. You'll feel proud watching your garden come to life from start to finish. We'll also spend time outdoors playing games and enjoying the fresh air as we work and grow together.

Cost	\$120
Day	Fridays
Dates	July 10 - August 28 (Weather Dependent)
No Program	N/A
Time	6:00 - 8:00 PM
Location	Camp Bonaventure - Sandy Beach

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 favourite water activities. Ride the waves, test your agility on the buoy-ball rope swing, and finish it all off with a relaxing soak in the hot tub. It's a session full of fun, laughter, and easygoing summer vibes.

Cost	\$184
Day	Fridays
Dates	July 10 - August 28
No Program	N/A
Time	5:00 - 7:00 PM
Location	Trico Centre

Social ★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★

## Sport Fanatics

Our Sports Fanatics program will feature a variety of exciting sports-themed activities. This may include watching live sports games, catching games at local pubs or venues, and taking part in some active sports of our own. Each session will highlight different ways to enjoy the energy and fun of the sports world.

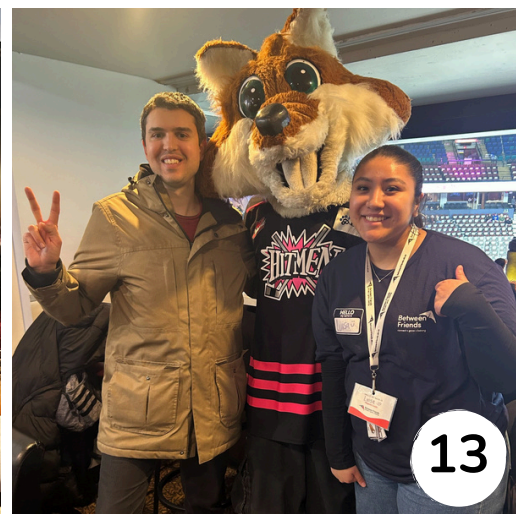
Cost	\$192
Day	Fridays
Dates	July 10 - August 28
No Program	N/A
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★★

Personal Growth ★★

Active ★★

Skill Development ★★★★★



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



## Between Friends Bingo

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

Cost	\$184
Day	Saturdays
Dates	July 11 - September 5
No Program	August 1
Time	6:00 - 8:00 PM
Location	Summit View United Church

Social ★★ ★

Personal Growth ★★

Active ★

Skill Development ★★

## Urbanites

Ages  
18 - 30

Join your fellow young adults (18 - 30 years) in an exciting journey through Calgary's vibrant 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 savouring delicious dinners, catching the latest movies, participating in fun games, or immersing yourself in art nights, there's something for everyone.

Cost	\$192
Day	Saturdays
Dates	July 11 - September 5
No Program	August 1
Time	6:00 - 8:00 PM
Location	Various Locations in Calgary

Social ★★ ★★

Personal Growth ★★

Active ★★ ★

Skill Development ★★



# About Special Events

Registration  
June 10  
5:30 PM

## Summer **Special Events** 2026

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but our **AGM & Awards Night & End of Summer BBQ** 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



## Movie in the Park

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

Cost	\$10
Day	Saturday, July 11
Time	6:00 - 9:00 PM
Location	Camp Bonaventure - Sandy Beach
Capacity	40 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 event, or a \$10 fee will be applied to your account.

Social ★★ ★

Personal Growth ★

Active ★★

Skill Development ★

## Summer Sizzler Dance

Get ready to celebrate summer by wearing fun summer attire as we boogie the night away to great music! Light snacks and refreshments will be provided.

Leader and location details will be provided 1 week prior to the event.

Cost	\$10
Day	Saturday, July 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 ★★



# Special Events



## End of Summer BBQ

All Ages

Get ready to join the End of Summer festivities at Camp B! Let's gather for good times, laughter, and a chance to reminisce about all the memories we've made this year. We'll enjoy a delicious BBQ dinner with members, families, volunteers, and staff as we celebrate the season together. Watch your email for more details!

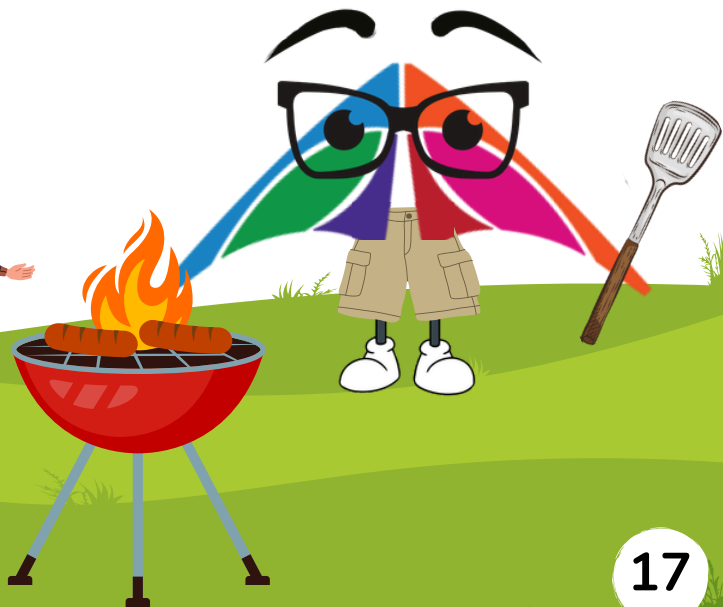
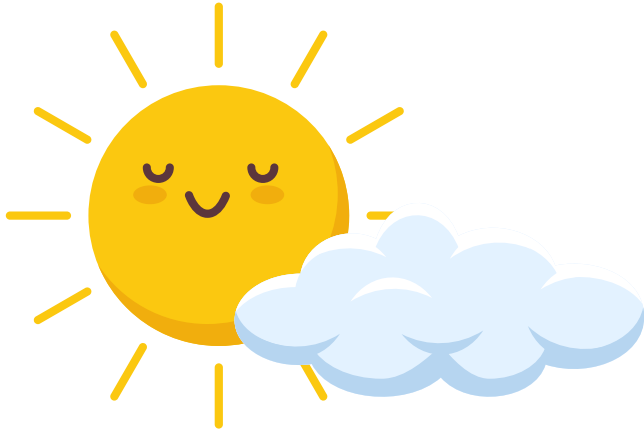
Cost	Free
Day	Wednesday, August 19
Time	6:00 - 8:30 PM
Location	Camp Bonaventure
Capacity	250 participants

Social ★★★★★

Personal Growth ★★

Active ★★★

Skill Development ★



# About Adventurers

Registration  
June 10  
5:30 PM

## Summer **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>	Is every single hour of the trip planned? Or, is there more time to relax and do my own thing? <ul style="list-style-type: none"><li>• <b>High paced</b> = busy with only a little down time.</li><li>• <b>Medium paced</b> = a mix of both.</li><li>• <b>Low paced</b> = relaxed with lots of independent time.</li></ul>	High Paced Medium Paced Low Paced
<b>Physical Accessibility</b>	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
<b>Sensory Friendly</b>	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

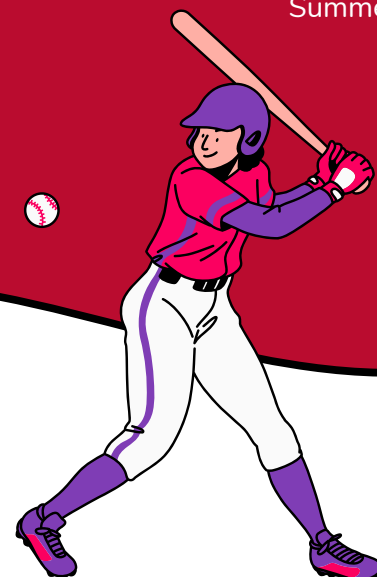


info@betweenfriends.ab.ca



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

# Adventurers



## Down with the Dawgs

Let's go out to the ball game! We're kicking off the day with a tasty lunch stop before heading to Okotoks for an afternoon of baseball excitement. We'll be cheering on the Okotoks Dawgs as they face off against the Lethbridge Bulls at the stadium. It will be Superhero Sunday, so feel free to dress up and meet some of your favourite superheroes while you're there. Don't forget to bring money if you'd like to purchase an alcoholic beverage (2-drink limit) or pick up a souvenir from the gift shop.

**Accessability Information:** Accessible seating at the stadium will be available.

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

Cost	\$125
Dates	Sunday, July 5
Time	11:00am - 5:30pm
Location	Okotoks, Alberta
Capacity	12 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

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

Join us at a fan favorite, 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.

**Accessability Information:** The space is accessible, although there may be tight corners.

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

Cost	\$125
Dates	Thursday, July 9
Time	6:00 - 10:00 PM
Location	Jubilations Dinner Theatre
Capacity	10 participants

### What to expect:

Programming Level	Low
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers



## Calaway Park Day

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

**Accessibility Information:** Most rides are wheelchair accessible. However, for many of them, guests will need to transfer from their wheelchair to the ride seat, and wheelchairs can be left near the platform. Accessible washrooms are available throughout the park.

**Sensory Information:** There may be crowds or noise while we are in the park.

Cost	\$150
Dates	Monday July 13
Time	9:00am - 3:00pm
Location	Calaway Park
Capacity	10 participants

### What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

## Giddy Up and Get Down @ Westerner Days

This trip promises to be high-energy from start to finish. Westerner Days is Red Deer's signature summer fair and exposition, packed with live music, midway rides, concerts, free entertainment, nightly pony chuckwagon races, delicious food, and of course, great company. We'll also take time to explore other local attractions around Red Deer to round out the adventure. A more detailed itinerary will be provided closer to the trip date.

**Accessibility Information:** The fair grounds are wheelchair friendly, but weather could affect this. Accommodations may not have accessible showers.

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

Cost	\$750
Dates	Thursday, July 16 - Saturday, July 18
Length	3 days, 2 nights
Location	Red Deer, Alberta
Sleeping	VRBO or Hotel
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers



## Roar & Explore Drumheller

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

**Accessibility:** We will be exploring the town which has paved sidewalks, however some parts of the badlands may be gravel roads. Accommodations may not have accessible showers.

Cost	\$750
Dates	Monday, July 21 - Wednesday July 23
Length	3 days, 2 nights
Location	Drumheller, Alberta
Sleeping	Hotel or VRBO
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

## Polar Bear Breakfast

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

**Accessibility Information:** 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	\$125
Dates	Saturday July 25
Time	7:45am - 3pm
Location	Calgary Zoo
Capacity	10 participants

### What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

# Adventurers

## Cobbs Adventure Park

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

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

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



<b>Cost</b>	\$150
<b>Dates</b>	Sunday July 26
<b>Time</b>	9:00 AM - 3:00 PM
<b>Location</b>	Cobbs Adventure Park
<b>Capacity</b>	10 participants

### What to expect:

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

## Come Sail Away

Spend the day at South Glenmore Park and sail away with us on the Glenmore reservoir. The day will start with a sail with Able Sail Association of Alberta on fully accessible sailboats. After enjoying the tremendous city views and the peace of the water, we will return to have a picnic lunch with our friends! We will then walk the path to the South Glenmore Water Park to cool off, play some outdoor games or musical instruments in the Quinterra Legacy Garden.

**Accessibility Information:** The dock and boats are completely accessible. Pathway at the park are paved. Able Sail Staff are completely trained to support the needs of all individuals on the sail boat.

<b>Cost</b>	\$125
<b>Dates</b>	Tuesday, July 28
<b>Time</b>	9:45am - 3:00pm
<b>Location</b>	South Glenmore Park
<b>Capacity</b>	10 participants

### What to expect:

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

# Adventurers

## Paddle & Peaks Outdoor Adventure



Join us in Kananaskis for an exciting day of adventure with Rocky Mountain Adaptive. We'll be heading out for a paddle and a hike, enjoying time on the water and exploring the beautiful mountain trails. Surrounded by stunning views, fresh air, and great company, this trip is the perfect chance to try something new, enjoy the outdoors, and make summer memories.

**Accessibility Information:** Specialized sports equipment will be provided if required. Rocky Mountain Adaptive staff are completely trained to support the needs of all individuals during activities.

Cost	\$400
Dates	TBD
Time	TBD
Location	William Watson Lodge, Kananaskis
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	Full
Sensory Friendly	Yes

## Nature Retreat @ The URSA Centre



Join us for a peaceful getaway at the URSA Retreat Centre. Nestled on 18 acres of streams, trees, and wildlife, this inclusive retreat space is the perfect place to unwind. During our stay, we'll enjoy a laid-back mix of outdoor activities- walking gentle hiking trails, playing outdoor games, relaxing around the campfire, connecting with each other, and enjoying a restful break in nature. A more detailed schedule will be shared closer to the trip.

**Accessibility Information:** The URSA Centre is completely accessible. Activities will be made as accessible as possible, however the retreat centre is located in nature so we will be spending time in grassy and forested areas.

Cost	\$750
Dates	Thursday August 6 - Saturday August 8
Length	3 days, 2 nights
Location	URSA Retreat Centre, Rocky View County
Sleeping	Cabin
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers



## Heritage Park Day

Spend the day exploring Calgary’s Heritage Park. We’ll step back in time as we wander through historic streets, visit old-fashioned shops, and enjoy the sights and sounds of Western Canada’s past. We will also enjoy lunch at Heritage park together. With plenty to see and do at your own pace, this relaxed outing is all about enjoying the park, the company, and a fun day in a unique setting. Don’t forget to bring money if you’d like to purchase any additional snacks from vendors or pick up a souvenir from the gift shop!

**Accessibility Information:** Pathways are paved and most attractions in the park are accessible. Wheelchair accessible washrooms are available throughout the park.

**Sensory Information:** There may be crowds or noise while we are in the park.

Cost	\$125
Dates	Monday August 10
Time	10:00am - 3:00 PM
Location	Heritage Park
Capacity	10 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

## Sylvan Lake Getaway

Join us for a fun 3-day getaway to Sylvan Lake. We’ll spend our time exploring the lake, checking out local attractions, and enjoying the relaxed lakeside atmosphere. Weather permitting, we’ll also visit the Sylvan Lake Aqua Splash Park- please note that you must must be a strong swimmer and wear a life jacket to participate. A great mix of sunshine, water, and summer adventures.

**Accessibility Information:** Sylvan lake has a wheelchair-accessible mat at the lakefront that enables beach access for wheelchairs. Beach wheelchairs are also available for rent. The Aqua Splash Park is not wheelchair accessible as it is an aquatic playground on open water. Accomodations may not have accessible showers.

Cost	\$750
Dates	Wednesday August 12 - Friday August 14
Length	3 days, 2 nights
Location	Sylvan Lake
Sleeping	Hotel or VRBO
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	Yes

# Adventurers



## Jubilations: Rock Around the Clock With Elvis and Friends

Get ready to rock and roll at Jubilations Dinner Theatre! Rock Around the Clock With Elvis and Friends takes you back to the early days of rock and roll- when the music was new, exciting, and just a little bit rebellious. Enjoy classic hits from legends like Elvis and Buddy Holly in a fun, high-energy musical parody that celebrates the sound that started it all.

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

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

Cost	\$125
Dates	Thursday, August 20
Time	6:00 - 10:00 PM
Location	Jubilations Dinner Theatre
Capacity	10 participants

### What to expect:

Programming Level	Low
Physical Accessibility	See Description
Sensory Friendly	See Description

## Movie Marathon Sleepover



Get ready for an epic movie marathon sleepover at Summit View United Church! We'll kick off the sleepover with movies, board games, and a big pizza dinner before settling in for a cozy overnight hangout. Expect lots of laughs, late-night fun, and all the best sleepover vibes. In the morning, we'll wrap things up with a tasty breakfast together. A full night of movies, games, and good times.

Cost	\$175
Dates	Friday, August 21 - Saturday August 22
Length	2 days, 1 night
Location	Summit View United Church
Sleeping	Sleeping Bags & Mats
Capacity	10 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

# Adventurers

## Retro Revival @ Camp B - August

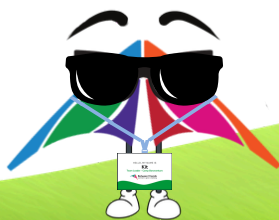
We all miss our Camp Days, so here is your chance to relive them! We will be hosting a weeklong day camp at our beloved Camp Bonaventure. We will operate daily from 8:00 - 4:00 PM doing traditional camp activities, off site trips, and fun contractor visits. We will be including light breakfast snacks,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

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

<b>Cost</b>	\$1000
<b>Dates</b>	Monday, August 24 - Friday, August 28
<b>Time</b>	8:00 - 4:00 PM (each day)
<b>Location</b>	Camp Bonaventure - Sandy Beach
<b>Capacity</b>	8 participants

### What to expect:

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



# 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.

For more info on our **Volunteer In Training** program, hit us up at → [volunteers@betweenfriends.ab.ca](mailto:volunteers@betweenfriends.ab.ca)  
We'd love to hear from you!




## Aktion Club YYC

Aktion Club YYC is a **free** club that meets once a month to volunteer as a group. They also meet up a few times a year to do a fun, social night together to celebrate! Our members develop initiative and leadership skills, **give back to their community**, integrate into society, and gain new experiences.


In partnership between Kiwanis Club of Calgary Northmount and Between Friends, Aktion Club YYC provides opportunities for adults with disabilities to demonstrate the **dignity and value** of citizens living with disabilities.

## Have Questions?

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

 403 269 9133

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

 Monday - 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!



Become a Monthly Donor -  
Join our Circle of Friends

One Time Donation

Legacy Giving

Volunteer With Us

Sponsor an Event

Host a Fundraiser

Skip the Depot

# Important Dates

## MAY

May 27th	Summer Program Guides Released @ 9:00 AM
May 28th	Awards & AGM 6:00 - 9:00 pm

## JUNE

June 10	Summer <b>W.E.S.O.A.R!</b> , <b>Adventurers</b> & <b>Special Events</b> Program Registration @ 5:30 PM <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
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## JULY

July 1	OFFICE CLOSED - Canada Day
July 5 - 11	First week of Summer <b>W.E.S.O.A.R!</b> programs

## AUGUST

August 1 - 3	NO PROGRAMS & OFFICE CLOSED - Heritage Day
August 19	Fall Program Guides Released @ 9:00 AM
August 19	End of Summer BBQ @ Camp Bonaventure (All are Welcome)

## SEPTEMBER

September 2	Fall <b>W.E.S.O.A.R!</b> , <b>Adventurers</b> & <b>Special Events</b> Program Registration @ 5:30 PM <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
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Main Line  
403 269 9133



info@betweenfriends.ab.ca



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

# Important Dates

## MAY

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

Summer Guides (Wed 27)  
AGM & Awards (Thu 28)

## JUNE

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

Summer Register (Wed 10)

## JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	4	4
5	6	7	8	10	10	11
Summer WESOAR ->						
12	13	14	15	16	17	18
19	21	21	22	23	24	25
26	27	28	29	30	31	

Office Closed (Wed 1)

## AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
No Programs						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2			

Office Closed (Sat 1)  
BBQ (Tue 25)  
Fall Guide (Wed 26)  
Fall Register (Thu 1)