



Between Friends **WeConnect** **Program Guide**

March 1st - April 17th, 2021



between friends
connecting · growing · belonging

WeConnect Program

We are excited to offer the next session of our WeConnect programming. This new phase will offer similar programs to the previous sessions of WeConnect. **Registration for WeConnect will allow you to sign up for a six week program, running from March 1 - April 17, 2021.**

We believe in the positive benefits of social connection, especially during this time of physical distancing. We are working hard to ensure that our members have programming that allows them to connect, grow, and belong. We understand that a lot of our members are already having lots of screen time, so we will try and focus on the social interactions, while providing a safe and accepting environment.

WeConnect registration will be limited to online only, for current 2021 members. Please visit our **registration portal** starting on **Thursday, February 18th, 2021 at 9 AM** to sign up for the following programs. Due to the demand for programs, there is a 3 program limit per member for our WeConnect programs. This will allow more members to access the program offerings for this session.

When registering, if the program you would like is full, our waitlist is open and someone from the office will contact you if a space becomes available. If you are unable to attend a program in which you are registered please let us know, so we are able to offer that opportunity to someone on the waitlist. Please contact us at 403-269-9133 or info@betweenfriends.ab.ca

2021 Membership Renewal

Membership renewal is now open! If you have not yet filled out and paid for our 2021 Membership, please do so before registering for WeConnect Programs. Please reach out to your CEC if you have any questions or concerns about the new date for renewal.

Fee Assistance

Between Friends does its best to ensure that every member with a wish to attend programs is granted the opportunity. **Fee assistance is available for two (2) programs per session.** To apply, please register for your program(s) of choice. After registering please reach out to your Community Engagement Coordinator to receive the application forms, they must be completed and **returned to your CEC within five (5) business days.** For more information please contact your Community Engagement Coordinator.

The following are the offerings for the weeks of **March 1 - April 17, 2021.**

REMINDER: Friday, April 2 - Monday, April 5, 2021 - No Programs (Good Friday & Easter Monday)

PROGRAM	DESCRIPTION	AGE GROUP	COST
Zoom Escapes MONDAYS 10:00 - 12:00 PM	Our Social programs reimagined and redesigned for 2021! Once a week join us and your friends to connect, catch up on the past week, play games, do activities, and meet new people. Activities may include, scavenger hunts, get to know you games, hangman, talent shows, etc. <i>Delivery Platform: Zoom</i>	18+	\$20
Zoom Escapes WEDNESDAYS 2:00 - 4:00 PM		18+	\$20
Teen Link FRIDAYS 6:00 - 7:30 PM		11-17	\$20
Absolute Music MONDAYS 6:00 - 7:00 PM	Join Hilary from MasterworX Music Therapy in an exciting hour of music, singing, and dance. It is an opportunity to learn new songs, meet new friends, and enjoy some music. <i>Delivery Platform: Zoom</i>	11-17	\$25
Boombox! TUESDAYS 6:00 - 7:00 PM	Our wonderful instructor, Jimmy from Lively Up Your Music! is back to host a jam session, featuring YOU! If you have any musical instruments or anything to make noise (pots, pans, shakers, etc) bring them too! <i>Delivery Platform: Zoom</i>	18+	\$25
Boombox! WEDNESDAYS 6:00 - 7:00 PM		18+	\$25
Get Up & Move TUESDAYS 10:00 - 11:30 AM	Are you needing a movement break? Join us for an hour of upbeat activity with your friends. There might be dance, yoga, and cardio. Let's get movin'! <i>Delivery Platform: Zoom</i>	18+	\$20
Healthy Minds TUESDAYS 1:00 - 2:30 PM	During difficult times we all need to find ways to manage stress and anxiety. In this six week program we will work together on a variety of projects to aid in creating a healthier and happier you. <i>Delivery Platform: Zoom</i>	18+	\$20

Get Crafty WEDNESDAYS 6:00 - 7:30 PM	Each week we will be exploring different crafts while hanging out with our friends. Prior to the start of the program, we will deliver the supplies needed for each craft during the six week session to your door. <i>Delivery Platform: Zoom</i>	13+	\$30
Get Crafty THURSDAYS 10:00 - 11:30 AM		13+	\$30
Let's Play! 1 MONDAYS 6:00 - 8:00 PM	Who's up for a good ole' fashion games night, but online?! We may play games like Uno, Pictionary, Monopoly, Jackbox and more! These weekly game nights are a fun time to connect with your friends, and play your favourite games and try out some new ones! <i>Delivery Platform: Zoom/Various platforms</i> <i>(Members must have access to websites/apps as well as 2 devices or the ability to split your computer screen)</i>	15+	\$20
Let's Play! 2 TUESDAYS 6:00 - 8:00 PM		15+	\$20
Let's Play! 3 THURSDAYS 6:00 - 8:00 PM		15+	\$20
Let's Play! 4 THURSDAYS 6:00 - 8:00 PM		15+	\$20
Film Fans FRIDAYS 6:00 - 8:30 PM	Grab the popcorn, find the comfiest spot in your home, and let's share in a group movie night. After the movie, stick around to mingle with the group! <i>Delivery Platform: Video Streaming Services, & Zoom</i>	18+	\$20
Singing Starz SATURDAYS 11:30 AM - 12:30 PM	We are excited to run a Karaoke program with the support of our I.C.A.N! partner Musica. Join us for a morning filled with fun, friends and lots of singing. We will be learning all about the art of singing and enjoying our time with friends. <i>Delivery Platform: Zoom</i>	15+	\$25

Important Dates

Thursday, February 18, 2021 - Registration for **WeConnect 8** & **Special Events**

Monday, March 1, 2021 - **WeConnect 8** & **Special Events** Begins

Friday, March 5, 2021 - **Friends in Motion** Watch Party (Facebook Live)

Friday, April 2 - Monday, April 5, 2021 - No Programs (Good Friday & Easter Monday)

Tuesday, April 6, 2021 - Programs Resume

Thursday, April 15, 2021 - Registration for **WeConnect 9** & **Special Events**

Saturday, April 17, 2021 - **WeConnect 8** Ends

Saturday, April 24, 2021 - **Special Events** Ends

Monday, April 26, 2021 - **WeConnect 9** & **Special Events** Begins

If you have any questions, concerns, or ideas regarding our **WeConnect Programs**, please contact:

Emily Furber - Program Coordinator, WeConnect & Camp Bonaventure

efurber@betweenfriends.ab.ca | 403 880 9295

If you have any questions regarding registration, your membership, or fee assistance, please contact your Community Engagement Coordinator (CECs):

Gilary Guzman gguzman@betweenfriends.ab.ca | 403 540 1096

Meghan Owen mowen@betweenfriends.ab.ca | 403 305 4415

or contact us at info@betweenfriends.ab.ca | 403 269 9133

Please be ready to register online for all programs and events mentioned in this guide on **Thursday February 18th at 9:00 AM.**