



WeConnect Programs & Virtual Special Events Guide

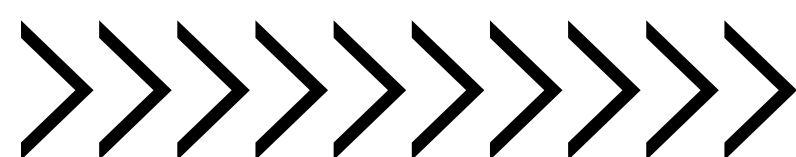
November 1 - December 11, 2021



Between Friends
connect • grow • belong

Registration

When?



Wednesday, October 13, 2021
@ 9:00 AM MST

How?



All registrations will take place online through our registration portal ([CLICK HERE](#))

NOTE: Registration for all Virtual Programming (**WeConnect** & **Special Events**) takes place on the same day.



If you have any questions regarding registration, your membership, or fee assistance, please contact your Membership Services Team:

Lucy Diep (Team Lead, Membership) ldiep@betweenfriends.ab.ca | 403 930 3851
Gilary Guzman (CEC) gguzman@betweenfriends.ab.ca | 403 540 1096
Meghan Owen (CEC) mowen@betweenfriends.ab.ca | 403 305 4415
or contact us at info@betweenfriends.ab.ca | 403 269 9133

Program Fees

Fees for Between Friends **WeConnect** programs and Virtual **Special Events** 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 registration will be cancelled.

Please Note: Online registrations must be paid by credit card in full.



Fee Assistance and Subsidy

Between Friends does its best to ensure that every member with a wish to attend programs is granted the opportunity. In order to remain accessible, we subsidize all programs for all participants. Fee assistance is available for two (2) programs per session; currently not available for special events.

To apply, please register for your program(s) of choice online. Please then connect with your Community Engagement Coordinator and indicate the need for fee assistance. Application forms will be provided and must be completed and returned to your CEC within five (5) business days. For more information please contact your CEC.



Cancellation Policy

To cancel registration you must connect with your CEC. 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 attendance, you may transfer to another program if space is available, or receive a full refund. We will make every effort to contact you prior to the start date of the program if cancellation is necessary.

Wellness Programs

All of our wellness programs are designed to get your mind and body active. We will explore new and exciting ways to achieve overall wellness. **Each program is 5 weeks.**

Get Up & Move | Ages 18+ | \$25

Tuesdays, 10:00 - 11:30 AM | No Program Nov 9



Are you needing a movement break? Join us for an hour and a half of upbeat activity with your friends. Activities may include dance, yoga, and cardio. Let's get movin'!

Healthy Minds | Ages 18+ | \$35

Tuesdays, 1:00 - 2:30 PM | No Program Nov 9



During difficult times we all need to find ways to manage stress and anxiety. In this five week program, we will work together on a variety of projects to aid in creating a healthier and happier you.

NOTE

There is a kit required for this program that is included in the cost:

- Kit delivery provided only within Calgary city limits.
- If you live outside of Calgary, you must pick up from a South location.
- If neither of these options work for you, please reach out to your Membership Services team (info@betweenfriends.ab.ca).

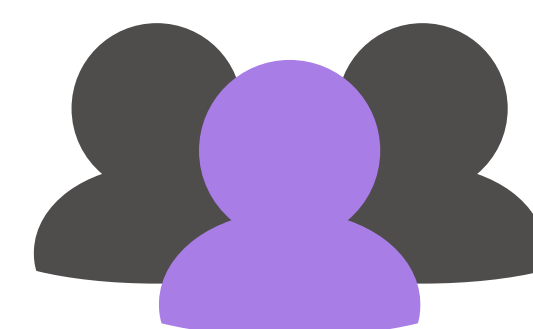
Social Programs

We value social connection, especially in a time where we are feeling more distant. They are designed to promote friendship, connection, and belonging. **Each program is 5 weeks.**

Zoom Escapes | Ages 18+ | \$25

Mondays, 10:00 AM - 12:00 PM | No Program Nov 8

Wednesdays, 2:00 - 4:00 PM | No Program Nov 10



Join us for two hours each week to catch up with your friends and have an opportunity to participate in a fun new activity. Activities may include: paint night, games, movies, etc.

Teen Link | Ages 11 - 17 | \$30

Fridays, 6:00 - 8:00 PM | No Program Nov 12



Once a week join us and your friends to connect, catch up on the past week, play games, and explore your musical side!

- The first hour (6:00 - 7:00 PM) will be social-based programming: get to know you games, scavenger hunts, talent shows, and more!
- The second hour (7:00 - 8:00 PM) will be facilitated by Hilary MacAulay from MasterworX Music Therapy focusing on music, singing, and dance.

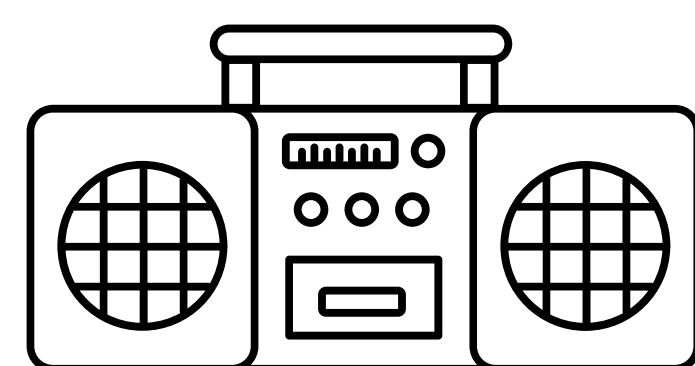
Music Programs

These programs focus on fun through music. There will be dancing, singing, and instruments! We are lucky to have amazing partnerships with outstanding Music Therapists in the city of Calgary, who will facilitate the programs (Teen Link & BoomBox!).

Each program is 5 weeks.

BoomBox! | Ages 18+ | \$30

Wednesdays, 6:00 - 7:00 PM | No Program Nov 10



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!



Craft Programs

Each week we will create a new art project, where the focus is on fun and creativity. Once registered for these programs you will receive a kit that contains all of the materials needed to participate.

Each program is 5 weeks.

Get Crafty | Ages 13+ | \$35

Wednesdays, 6:00 - 7:30 PM | No Program Nov 10

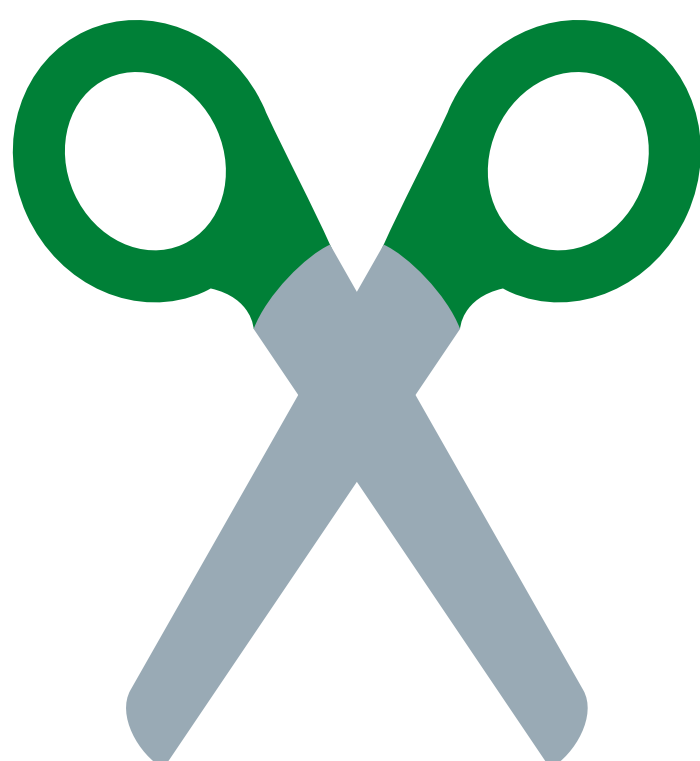
Thursdays, 10:00 - 11:30 AM | No Program Nov 11

Each session, our amazing leader, Stacy, curates a new and unique kit containing a different craft each week. The goal is to have fun, and enjoy the process of making art, while catching up with friends.

NOTE

There is a kit required for this program that is included in the cost:

- Kit delivery provided only within Calgary city limits.
- If you live outside of Calgary, you must pick up from a South location.
- If neither of these options work for you, please reach out to your Membership Services team (info@betweenfriends.ab.ca).



Games Programs

These programs focus on fun and friendship through online games and activities. Playing collaborative games can help develop skills like problem solving, team work, communication, and more!

Each program is 5 weeks.

Let's Play | Ages 15+ | \$25

Mondays, 6:00 - 8:00 PM | No Program Nov 8

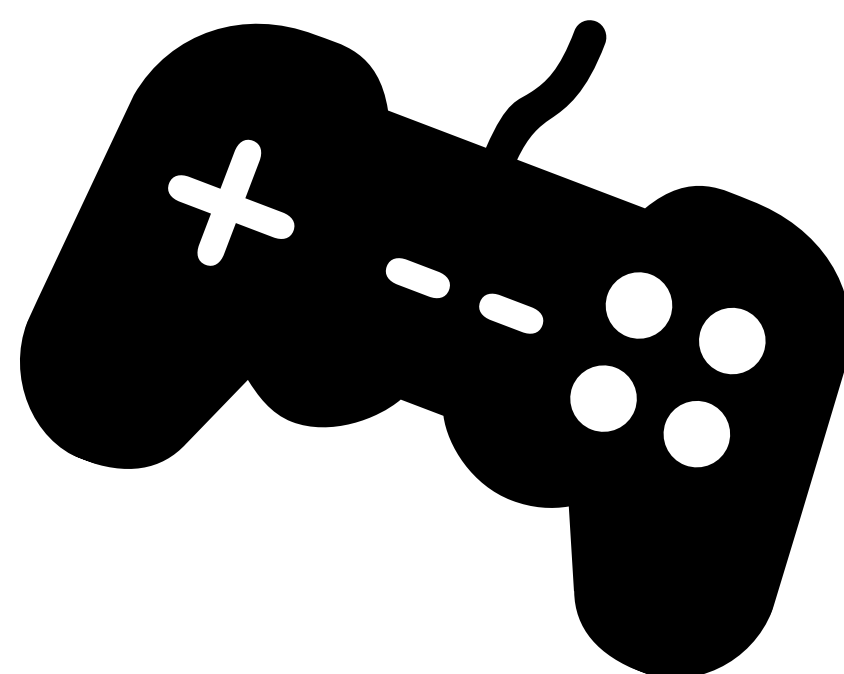
Tuesdays, 6:00 - 8:00 PM | No Program Nov 9

Thursdays, 6:00 - 8:00 PM | No Program Nov 11

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!

NOTE

Members must have access to websites/apps as well as 2 devices or the ability to split your computer screen



Movie Programs

Our movie programs have always been a hit with our members, and we are so excited that we can offer a similar experience online! We will utilize streaming platforms to bring a social experience during the movie. **Each program is 5 weeks.**

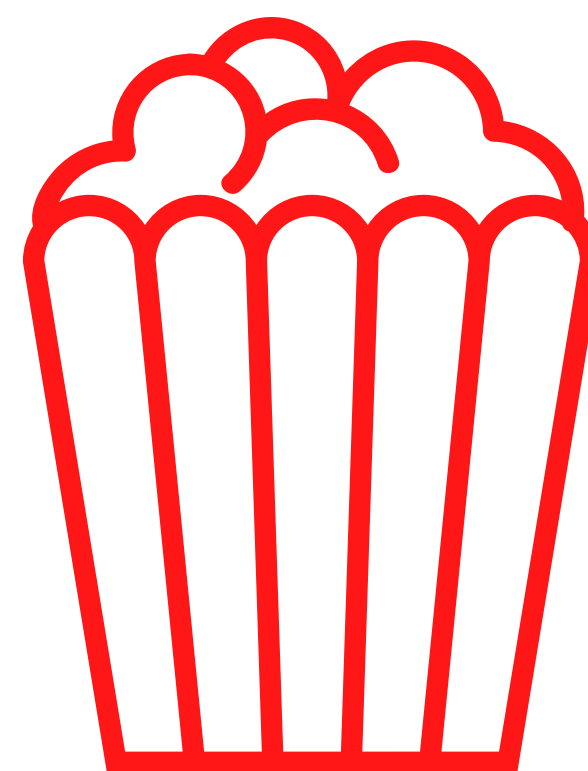
Film Fans | Ages 18+ | \$25

Fridays, 6:00 - 8:30 PM | No program Nov 12

Grab the popcorn, find the comfiest spot in your home, and let's watch a movie together. After the movie, stick around to mingle with the group!

NOTE

If you are unable to join in watching the movie via TeleParty, the movie will be streamed in Zoom.



Specialty Programs

Specialty Programs offer a new opportunity for members to try new activities and develop new skills. This session's specialty program revolves around trying a new hobby each week to find one that you like best! **Each program is 5 weeks.**

Hobby Finder | 13+ | \$35

Mondays, 6:00 - 8:00 PM | No Program Nov 8

Each week you will try a new activity or hobby in hopes of finding a hobby to continue after the program ends. Explore 1-2 new hobbies with your pals each week!

NOTE

There is a kit required for this program that is included in the cost:

- Kit delivery provided only within Calgary city limits.
- If you live outside of Calgary, you must pick up from a South location.
- If neither of these options work for you, please reach out to your Membership Services team (info@betweenfriends.ab.ca).



Specialty Programs

Specialty Programs offer a new opportunity for members to try new activities and develop new skills. This session's specialty program revolves around learning to bake treats for the upcoming holiday season! **Each program is 5 weeks.**

Bake My Day | 18+ | \$35 (including kit) or \$25 (no kit)

Saturdays, 10:00 - 12:00 PM | No Program Nov 13

'Tis the season of holiday treats and fun! Each week join your friends in baking a sweet treat either for yourself, or to share with others! Go ahead and take a WHISK and make sure you're not choco-LATE to the program!

Dietary restrictions and allergies will be accommodated.

NOTE

If you select the '\$35 kit' option:

- Kit delivery provided only within Calgary city limits.
- If you live outside of Calgary, you must pick up from a South location.
- If neither of these options work for you, please reach out to your Membership Services team (info@betweenfriends.ab.ca)

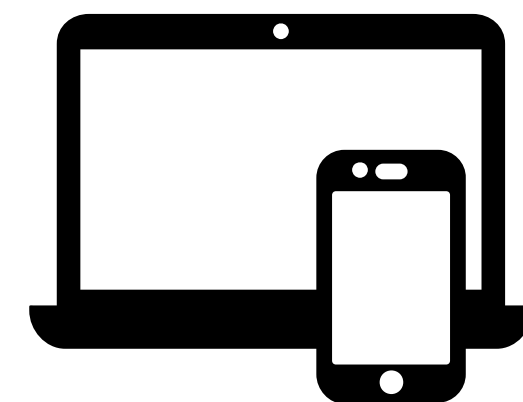
If you select the '\$25 no kit' option:

- An ingredients list will be provided prior to the start of program



Special Events

Virtual Check Ins | Ages 4+ | Free

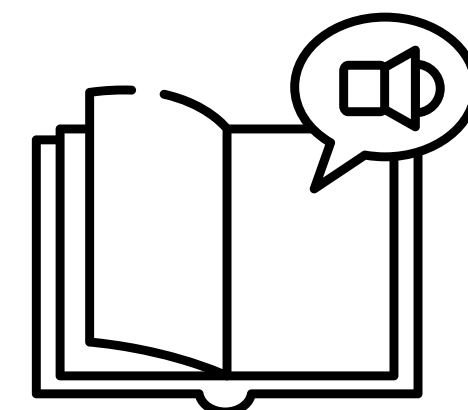


Virtual check-ins are for our members to be matched with a volunteer. Once matched they can connect with each other weekly via video chats, phone calls, etc. based on your schedule. This is not a form of respite and it is important to remember that, as recommended by our provincial and federal health experts, physical distancing at this time continues to be critical, so these are NOT in-person visits.

Between the Pages | Ages 18+ | \$30

Saturdays, November 6 - December 18 | 1:00 - 3:00 PM

(No Program Nov 13)



Join us for our virtual book club taking place over six weeks. Listen to the audio version of the book each week with the group and then spend some time discussing the new chapters and sharing your thoughts with the group! We will be reading the second book from The Chronicles of Narnia: **The Lion, The Witch, and the Wardrobe**.

A Virtual Trip To... | Ages 13+ | \$10

Saturday, November 6 | 6:00 - 8:00 PM



Together your group will virtually explore must-see locations in the United States of America. You will explore museums, aquariums, themeparks, and more! For this trip, you won't need your passport!

Masquerade Ball | Ages 18+ | \$10

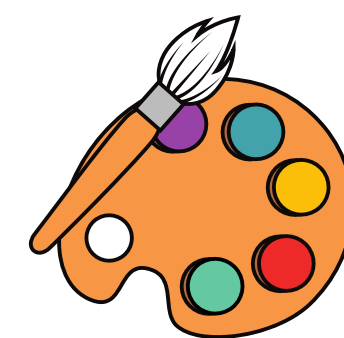
Saturday, November 20 | 6:00 - 8:00 PM



Dress up in costume with a mask and get ready for an evening of fun and dancing. We will be taking song requests on a first come, first serve basis - so be sure to send them in the chat early!

Clay Painting | Ages 11+ | \$15

Saturday, November 27 | 10:30 - 12:00 PM



Each participant will receive a surprise ceramic! Pieces range from coffee mugs to piggy banks to decorative vases. Paint, glaze, and all other necessary supplies will be included. Make it your own or try some tips and techniques suggested by your leader or fellow friends.

NOTE

There will be a kit delivery for this event. You must reside in Calgary to have the kit delivered. If you reside outside of Calgary, you must be able to pick up your kit from a SE location in Calgary.

Jeopardy Night | Ages 13+ | \$10

Saturday, December 4 | 6:00 - 8:00 PM



Back by popular demand... Bring your thinkin' caps because tonight we will be competing in a couple rounds of Jeopardy! Rounds may vary from popular songs, Disney movies, animals, and more. You will have the option to play solo or in partners.

Winter Wonderland Dance | Ages 18+ | \$10

Saturday, December 11 | 6:00 - 8:00 PM



Our final dance of 2021 - get ready to dance the night away as we celebrate December! We will be taking song requests on a first come, first serve basis - so be sure to send them in the chat early!

Aktion Club YYC

Aktion Club YYC 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.



New members are always welcome. For more information about Aktion Club or how to join, please contact

Nikki Stevens

nstevens@betweenfriends.ab.ca | 403 471 6456



Follow us on Instagram
AktionClub.YYC
and Facebook
AktionClubYYC

How to Help?

Between Friends relies heavily on the generosity of donors like you to provide affordable quality programming for children, youth and adults with disabilities. Thanks to our donors and supporters, Between Friends subsidizes all programs and provides additional fee assistance to ensure our programs are accessible to all participants.

Given the challenging economic times we have experienced over the past few years, we must look for creative and alternative ways to improve our financial sustainability. Please consider making a donation and/or suggesting that others in your network invest in the work of Between Friends, to ensure our programs remain affordable.

Ways to Give:

- Make a donation, big or small, to Between Friends or become a monthly donor
- Host an event (birthday or anniversary party, movie night, etc.) to raise money on behalf of Between Friends
- Ask your employer if their community investment plan aligns with Between Friends values – encourage them to donate, match your donations, or group volunteer at Between Friends
- Plan your corporate team building activities by attending one of our special events, or participate in our annual Friends in Motion Bowl-A-Thon!



Important Dates

Wednesday, October 13 - **WeConnect 11** & **Special Events** Registration

Monday, November 1 - **WeConnect 11** & **Special Events** Begins

Monday, November 8 - Sunday, November 14 - NO PROGRAMS OR SPECIAL EVENTS

Wednesday, December 1 - Holiday **Special Events** Registration

Saturday, December 11 - **WeConnect 11** & **Special Events** Ends

Sunday, December 12 - Saturday, December 18 - Holiday **Special Events**

Contact Information

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

Nikki Stevens - Program Coordinator, W.E.S.O.A.R!, WeConnect & Special Events
nstevens@betweenfriends.ab.ca | 403 471 6456

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