

Adult Programs

Fall 2026 Registration Guide
Calgary



Registration
September 2nd
5:30 PM



Between Friends
connect • grow • belong

TABLE OF CONTENTS

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

4

How to Register

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

5

Program Fees

How to pay, when to pay, and fee assistance

6

Important Information

Cancellation policy and respect policy

7

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

Weekly evening and weekend recreation programs

16

Special Events

One-time events to celebrate seasonal festive fun!

19

Adventurers

Day trips and overnight trips



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

TABLE OF CONTENTS

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



Volunteering

Group volunteering or learn how to be a volunteer



Ways You Can Give

How to give back to Between Friends



Important Dates

View all the important dates in a calendar



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

How To Register

Before Registration Night

1 Decide the programs you want

2 Get your 2026 Membership

3 Test your member login

[Member Portal](#)

This season, you can register for a **maximum** of:

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

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

Fall 2026 Registration Night: Wednesday, September 2nd, at 5:30 PM

By Phone



403 508 0110

OR

Online

[Member Portal](#)



Have your credit card ready

- Visa or Mastercard

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

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

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
- Unlimited **Special Events**

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

[Apply for Fee Assistance Here](#)



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

Important Information

Program Cancellation

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

If a program is canceled 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.

Behaviors that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviors. Between Friends reserves the right to remove anyone not contributing to a safe and welcoming environment from current/future programs and membership.

Thank you for helping us create a community that is inclusive, respectful, safe, and kind.



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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

Registration
SEPT 2nd
5:30 PM

Fall 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.

- Fall **W.E.S.O.A.R!** runs for 8 weeks: **October 4 - December 12**
- There will be **no programs October 10 - 12** (Thanksgiving Weekend) & **November 8 - 14** (Fall Break)

In-Program Support

Each of our **W.E.S.O.A.R!** programs have up to 10 participants, 1-2 staff, and 1-2 volunteers. **W.E.S.O.A.R!** runs at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact our office.



What are those stars under each program?

Great question! The stars are to help you choose the right program for you based on what you may be looking for in these categories:

Social: friendship building, group activities, and time to talk to each other

Personal Growth: mindfulness, building identity, and improving YOU

Active: the level of physical activity (**note:** all programs are adapted for all levels of mobility)

Skill Development: creative, physical, and practical skills

Remember, **1 star is the lowest amount, and 4 stars is the highest!**

Have Questions?

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



403 269 9133



info@betweenfriends.ab.ca



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

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



Sunday Matinee North (Crowfoot)

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

Cost	\$192
Day	Sundays
Dates	October 4 - December 6
No Program	October 11 & November 8
Time	3:00 - 6:00 PM
Location	Crowfoot Cineplex

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

Sunday Matinee Central (Westhills)

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

Cost	\$192
Day	Sundays
Dates	October 4 - December 6
No Program	October 11 & November 8
Time	3:00 - 6:00 PM
Location	Westhills Cineplex

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

Sunday Matinee South (Seton)

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

Cost	\$192
Day	Sundays
Dates	October 4 - December 6
No Program	October 11 & November 8
Time	3:00 - 6:00 PM
Location	Seton Cineplex

Social ★★

Personal Growth ★★

Active ★

Skill Development ★

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



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	October 4 - December 6
No Program	October 11 & November 8
Time	6:00 - 8:00 PM
Location	PowerPlay Entertainment

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Active Adventurous Adults

Do you love adventure and staying active? Join us weekly to explore exciting activities around Calgary like swimming, sports, 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.

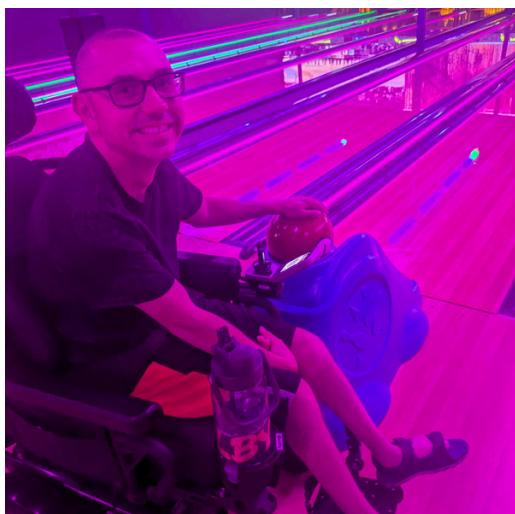
Cost	\$192
Day	Tuesdays
Dates	October 6 - December 1
No Program	November 10
Time	6:00 - 8:00 PM
Location	Various

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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



Bar Buddies North

What a great way to make new friends 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	October 6 - December 1
No Program	November 10
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	October 6 - December 1
No Program	November 10
Time	6:00 - 7:30 PM
Location	Summit View United Church

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
Day	Wednesdays
Dates	October 7 - December 2
No Program	November 11
Time	5:00 - 7:00 PM
Location	Summit View United Church

Social ★★★

Personal Growth ★★★★★

Active ★

Skill Development ★★★★★

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



Wednesday 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	October 7 - December 2
No Program	November 11
Time	6:00 - 8:00 PM
Location	PowerPlay Entertainment

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

Evening Escapes South

Ages
30 +

Join your fellow peers (30+) in an exciting journey through Calgary's vibrant areas! Each week, we'll explore a different activity to connect and enjoy with friends. Activities may include dinner out, movies, bowling, and more! All locations will be in the south/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Wednesdays
Dates	October 7 - December 2
No Program	November 11
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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



Bar Buddies South

What a great way to make new friends 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	Thursdays
Dates	October 8 - December 3
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★

Dance Dance

We've partnered with Blissful Dance and have a talented instructor teaching us a variety of moves and grooves through this fun musical, movement dance program. She is a dream and what a great way to get our bodies moving with some great music and friends.

Cost	\$184
Day	Thursdays
Dates	October 8 - December 3
No Program	November 12
Time	6:00 - 7:30 PM
Location	Summit View United Church

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

Karaoke Club

Bring your singing voices and join us every week as we explore a variety of karaoke rooms throughout the vibrant city of Calgary. Whether you're a seasoned performer or just looking to have fun, our weekly sessions offer something for everyone.

Cost	\$192
Day	Thursdays
Dates	October 8 - December 3
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various

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 areas! Each week, we'll explore a different activity to connect and enjoy with friends. Activities may include dinner out, movies, bowling, and more! All locations will be in the north/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Thursdays
Dates	October 8 - December 3
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various Locations in North Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★

Evening Escapes North

Ages
30 +

Join your fellow peers (30+) in an exciting journey through Calgary's vibrant areas! Each week, we'll explore a different activity to connect and enjoy with friends. Activities may include dinner out, movies, bowling, and more! All locations will be in the north/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Fridays
Dates	October 9 - December 4
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in North Calgary

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★



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



Rec Swim

This is a fantastic opportunity to hang out with friends while enjoying your 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 staying active!

Cost	\$184
Day	Fridays
Dates	October 9 - December 4
No Program	November 13
Time	5:00 - 7:00 PM
Location	Trico Centre

Social ★★ ★

Personal Growth ★ ★

Active ★★ ★★

Skill Development ★ ★

Sports 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	October 9 - December 4
No Program	November 13
Time	6:00 - 8:00 PM (times may vary depending on sports games)
Location	Various

Social ★★ ★

Personal Growth ★ ★

Active ★ ★

Skill Development ★★ ★

BF Bingo

Join us for our exciting weekly BF Bingo event, where you can play for a chance to win fantastic 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	\$192
Day	Saturdays
Dates	October 17 - December 12
No Program	November 14
Time	6:00 - 8:00 PM
Location	Summit View United Church

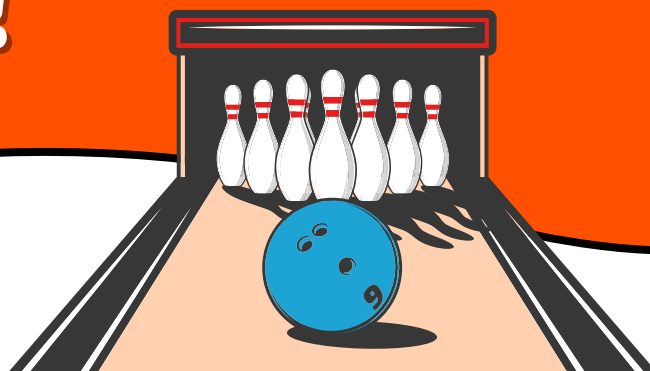
Social ★★ ★

Personal Growth ★ ★

Active ★

Skill Development ★ ★

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



Saturday 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	Saturdays
Dates	October 17 - December 12
No Program	November 14
Time	6:00 - 8:00 PM
Location	PowerPlay Entertainment

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 areas! Each week, we'll explore a different activity to connect and enjoy with friends. Activities may include dinner out, movies, bowling, and more! All locations will be in the south/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Saturdays
Dates	October 17 - December 12
No Program	November 14
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

Social ★★ ★★ ★

Personal Growth ★★

Active ★★

Skill Development ★★



About Special Events

Registration
SEPT 2nd
5:30 PM

Fall **Special Events** 2026

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but the **Jingle Bell Gala is free** as a perk of your membership!

In-Program Support

The amount of participants in each **Special Event** will vary, so make sure you check the "Capacity" in the information table. **Special Events** operate at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact our office.

What are those stars
under each special
event?

Great question! The stars are to help you choose the right event for you based on what you may be looking for in these categories:

Social: friendship building, group activities, and time to talk to each other

Personal Growth: mindfulness, building identity, and improving YOU

Active: the level of physical activity (**note:** all programs are adapted for all levels of mobility)

Skill Development: creative, physical, and practical skills

Remember, 1 star is the lowest amount, and 4 stars is the highest!

Have Questions?

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



403 269 9133



info@betweenfriends.ab.ca



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

Special Events



Under the Sea Dance

Get ready to make a splash at our Under the Sea Dance! Grab your best beach outfit or dress up as your favorite sea creature for a night of dancing, snacks, and refreshing drinks.

Cost	\$10
Day	Saturday, September 26
Time	6:00 - 8:00 PM
Location	Summit View United Church
Capacity	50 participants

Social ★★★★★

Personal Growth ★

Active ★★

Skill Development ★

Halloween Dance

Put on your favorite costume and step onto the dance floor for a hauntingly fun night! Join us for monster moves, snacks, and plenty of Halloween thrills.

Cost	\$10
Day	Saturday, October 24
Time	6:00 - 8:00 PM
Location	Summit View United Church
Capacity	50 participants

Social ★★★★★

Personal Growth ★

Active ★★

Skill Development ★

Winter Wonderland Dance

Step into the magic of the season at our Winter Wonderland Dance. Enjoy an evening filled with festive music, sparkling lights, and fun on the dance floor. It's the perfect way to wrap up the year with friends, laughter, and holiday cheer.

Cost	\$10
Day	Saturday, December 12
Time	6:00 - 8:00 PM
Location	Summit View United Church
Capacity	50 participants

Social ★★★★★

Personal Growth ★

Active ★★

Skill Development ★

Special Events



Jingle Bell Gala

All
Ages

Celebrate an incredible year of connection, laughter, and community at the Between Friends Jingle Bell Gala! Put on your favorite outfit and join us to wrap up a fantastic year surrounded by great company and shared achievements. Let's celebrate all our unforgettable moments together and look forward to the year ahead! Youth must be accompanied by a guardian for this event.

More
information
to come!

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★



About Adventurers

Registration
SEPT 2nd
5:30 PM

Fall **Adventurers** 2026

Our **Adventurers** trips offer you a chance to take a vacation! We offer a few different lengths of trips. Some are day trips, and some are overnights. Check out the information table next to each trip to learn more.

You'll notice the following symbols next to each trip. These symbols tell you about the type of trip:

Day Trips



Sleeping in Tents/Cabin



Sleeping in a Hotel/VRBO



In-Program Support

Each **Adventurers** trip will have up to 8 participants and 4 staff/volunteers. Trips typically operate at a 1:2 - 1:4 ratio.

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact [the office](#).

Trip Information In This Guide

We want our members to get the most out of their experience in our programs. In this guide, you will find detailed information about each **Adventurers** trip to assist you with deciding which trips will be the best fit for you.

We will tell you about:

- The general schedule
- Cost, dates, and location
- Ratings:
 - **Programming Level:** is the trip fast paced or low paced? Is there a lot of down time?
 - **Physical Accessibility:** the accessibility of the physical spaces on your trip
 - **Sensory Friendly:** is the environment noisy and bright? Or, is there space & time to recharge?



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

What to Expect

Important

For each trip, you will find a **"What to Expect"** section. This will give you an overview about the trip's **Programming Level, Physical Accessibility, and Sensory Friendliness.**

The chart below gives you more information about what each of these ratings mean.

Ratings	Description	Levels
Programming Level	Is every single hour of the trip planned? Or, is there more time to relax and do my own thing? • High paced = busy with only a little down time. • Medium paced = a mix of both. • Low paced = relaxed with lots of independent time.	High Paced Medium Paced Low Paced
Physical Accessibility	What's the environment like? Are the bathrooms accessible? Will we be traveling on rocky roads, smooth paths, or a bit of both?	Full Medium Low
Sensory Friendly	What is the sensory environment like? Are there lots of crowds, bright lights, and loud noises? Will there be quiet space to wind down?	Yes No

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



Halloweekend @ Calaway Park



Ready for some spooky-season fun? Every October, Calaway Park turns into Hallowtown! Put on your favorite family-friendly costume and join us as we explore the fun scenes, activities, and rides. We will also be enjoying lunch together in the park. It will be a day full of tricks, treats, and fall fun!

Accessibility: 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	Saturday, October 3
Time	10:30 AM - 5:00 PM
Location	Calaway Park
Capacity	10 Participants

What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

Edmonton Escape



Get ready to explore Edmonton! We're planning a fun-filled getaway featuring West Edmonton Mall, Commonwealth Rec Centre, and much more all around the city. It's going to be a high-energy trip packed with excitement from start to finish! A more detailed schedule will be shared closer to the trip.

Accessibility: Activities will be made accessible. However, our accommodation will not have an accessible shower.

Sensory Information: There may be crowds or noise while visiting attractions.

Cost	\$750
Dates	Friday, October 16 - Sunday, October 18
Length	3 days, 2 nights
Location	Edmonton, Alberta
Sleeping	VRBO or Hotel
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	See Description

Adventurers



Stampeders Game



Ready for kickoff? Join us for an awesome evening of football and big team spirit as the Stampeders take on the BC Lions! We'll fuel up with an early dinner before heading to the game. If you would like to purchase additional snacks at the stadium, feel free to bring your own money (card only).

Accessibility: Wheelchair accessible seats are available at the stadium.

Sensory Information: There will be noise and crowds during the game.

Cost	\$125
Dates	Saturday, October 17
Time	3:00 PM - 8:30 PM
Location	McMahon Stadium
Capacity	10 Participants

What to expect:

Programming Level	High
Physical Accessibility	Medium
Sensory Friendly	No

Zoo Lights & Dinner #1



Light up your night with an unforgettable evening out! We'll start by fueling up with a tasty dinner before heading to the Calgary Zoo. Get ready to wander through sparkling, festive lights, interactive displays, and warm up by the fire pits. Dress cozy and join us for a magical evening of winter fun!

Accessibility: 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	TBD
Time	4:30 PM - 9:00 PM
Location	Calgary Zoo
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	See Description

Adventurers



Zoo Lights & Dinner #2

Light up your night with an unforgettable evening out! We'll start by fueling up with a tasty dinner before heading to the Calgary Zoo. Get ready to wander through sparkling, festive lights, interactive displays, and warm up by the fire pits. Dress cozy and join us for a magical evening of winter fun!

Accessibility: 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	TBD
Time	4:30 PM - 9:00 PM
Location	Calgary Zoo
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	Medium

Jubilations: Footsloose

Moving to a small country town isn't easy, especially when the rules are totally bonkers! We're heading to Jubilations for a tasty meal and a hilarious live show. Come enjoy a fun night out, great food, and music that will get you moving!

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	Wednesday, November 4
Time	6:00 PM - 10:00 PM
Location	Jubilations Dinner Theatre
Capacity	10 Participants

What to expect:

Programming Level	Low
Physical Accessibility	Medium
Sensory Friendly	Medium

Adventurers



William Watson Lodge

Unwind in the mountains with a relaxing stay at the William Watson Lodge! Overlooking Lower Kananaskis Lake, we'll spend our time hiking, playing games, baking, doing crafts, and wrapping up the days with karaoke and movie nights. It will be a trip filled with relaxation and connecting with friends! A more detailed schedule will be shared closer to the trip.

Accessibility Information: Fully accessible location, including accessible washrooms.

Cost	\$750
Dates	Wednesday, Nov 18 - Friday, Nov 20
Length	3 days, 2 nights
Location	William Watson Lodge
Sleeping	Cabins
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Banff Day Out

Get into the holiday spirit with a festive day trip to Banff! We're heading into the mountains to check out the Banff Christmas Market, featuring over 200 local artisanal vendors, live music, delicious warm treats, and a visit to Santa's House & Workshop. Afterwards, we'll take a stroll through Banff town to enjoy the mountain views and festive shops! Lunch will be provided.

Accessibility: While most of Banff town has paved sidewalks, some outdoor areas or snow-covered paths may not be as accessible.

Sensory Information: There may be crowds or noise at the market and in Banff Town.

Cost	\$175
Dates	Sunday, November 29
Time	9:00 AM - 6:30 PM
Location	Banff
Capacity	8 Participants

What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers



Holiday Sleepover

Get cozy and celebrate the holiday season with a fun-filled sleepover! We're spending the night hanging out with friends, crafting holiday creations, baking tasty seasonal treats, and playing fun games. We'll wrap up the evening by settling in for a festive holiday movie. Pack your favorite PJs and get ready for the ultimate cozy night in!

Accessibility: Summit View United Church is an accessible facility. However, note that sleeping arrangements will be on mats or air mattresses on the floor, which may be difficult or uncomfortable for some individuals.

Cost	\$125
Dates	Fri, Dec 4 - Sat, Dec 5
Length	2 days, 1 night
Location	Summit View United Church
Sleeping	Sleeping Mats/Cots
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	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.

Contact us at → 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



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

AUGUST

August 19	Fall Program Guides Released @ 9:00 AM
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SEPTEMBER

September 2	Fall W.E.S.O.A.R! , Adventurers & Special Events Program Registration @ 5:30 PM Note - phone line registration option will be open from 5:30 - 6:30 PM
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OCTOBER

October 4 - 9	First week of Fall W.E.S.O.A.R! programs
October 10 - 12	Thanksgiving Weekend (No Programs)

NOVEMBER

November 8 - 14	Fall Break (No Programs)
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DECEMBER

December TBD	Jingle Bell Gala
December 16	Winter Program Guide Released @ 9:00 AM
December 18 - January 4	Office Closed



Main Line
403 269 9133



info@betweenfriends.ab.ca



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