

# PROGRAM GUIDE

Winter 2012



## CELEBRATING 30 YEARS OF CONNECTING, GROWING, AND BELONGING

Not content to be an organization that provides just social and recreational programs for people with disabilities, Between Friends Club continually works to be a catalyst for our participants to experience the joy of connecting, growing and belonging. The complexity of what we do is buoyed by our participants who seek inclusivity and acceptance in the community. Through the opportunities provided by Between Friends Club, our members are empowered to overcome barriers and distinguish themselves as valued citizens. They are the inspiration for our energy and enthusiasm year after year.

In 2012, Between Friends Club will celebrate our 30th anniversary. This is not only a time to honor what we have achieved as an organization, but to recognize our donors, sponsors, staff, and volunteers who have made a meaningful difference in the lives of many individuals. Because of you, Between Friends Club has improved the quality of life for thousands of people and directly impacted over 650 members annually through creative programming and services.

We are proud of our past and we are very excited for our future. Our 30th anniversary year will be a time of transformation. Without wavering from our core values and mission, we plan to reach new heights or should we say, "take flight?" We are moving towards a unified voice and visual presence that better represents our message and all Between Friends Club participants: from children to adults. Without giving away the details of our new look, you can expect to be energized and uplifted.

Looking forward, we will also focus on developing our connection with a network of community partnerships. We have built rewarding relationships with many disability serving and community based organizations. As of 14 January 2012, we also will partner with the Genesis Centre of Community Wellness to enrich communities in Northeast Calgary. Over the next year, and into the future, we are excited to deepen and establish partnerships that will strengthen our commitment to the community and benefit our members and families.



**United Way**  
of Calgary and Area

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**Between Friends Club creates opportunities for people with disabilities to make friends, experience a sense of belonging and connect to the community.**

# REGISTRATION INFORMATION

**Note: To register you must be a current 2012 member**

## WHEN TO REGISTER

Winter W.E.S.O.A.R! Programs (All Ages)  
I.C.A.N! Programs - See Page 6

Registration begins Wednesday, December 7, 2012  
5:30 - 6:30 PM

At: (403) 508-0110 or www.betweenfriends.ab.ca

Registration will be ongoing from 9:00 - 4:00 PM weekdays until all programs are full. Call: (403) 508-0110. Voice messages must include all registration details. Registration is only confirmed and finalized once you have received verbal verification from the registrar.

## MEMBERSHIP FEES

Individual membership: \$25.00

Family membership (2+ children per family): \$45.00

## PROGRAM FEES

8 week programs: \$105.00

9 week programs: \$115.00

Program fees are due at the time of registration. Payment, other than credit card, must be made within 5 business days of registration.

Please Note: Unpaid fees will result in cancelled registration and participant will be turned away from the program.

## FEE ASSISTANCE PROGRAM (Formerly Fee Subsidy)

Fee assistance is available for individuals who do not have the financial resources to attend Between Friends Club programs. Between Friends Club will provide fee assistance for up to 2 programs per session. To apply, first register in the program(s) and indicate the need for financial assistance. A Fee Assistance Application Form will then be provided. The form must be completed and returned to the main office within 5 business days of registration. For more information, contact Kim at (403) 508-0115.

Please note: We are unable to process applications that are late, incomplete or missing documents.

## IMPORTANT: UNPAID FEES

**Fees must be paid in full. Unpaid fees are sufficient cause to prevent future program registration.**

## CANCELLATION POLICY FOR PROGRAMS

A \$15.00 fee is charged for any cancellation. To cancel, please call: (403) 508-0110. Program leaders cannot accept cancellations. Cancellations must be made no later than 2 weeks prior to the start of programs. No refund will be provided for cancellations with less than two weeks notice or after the start of programs where vacancies can't be filled.

Charges will accrue for all program days that occur until notification of cancellation is received. A pro-rated amount will be charged for vacancies that can be filled. No additional fee will be charged for program transfers.

Between Friends Club reserves the right to cancel programs at any time with the guarantee that any paid fees will be refunded in full.

## NSF POLICY

Between Friends Club charges \$40.00 for NSF cheques. Issuers of NSF cheques will be given 24 hours to make payment by VISA, MasterCard, money order, certified cheque, or cash. In addition, payment must include the \$40.00 service fee for the NSF cheque. Failure to pay within 24 hours will result in registration being forfeited.



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

## Weekend & Evening Social Opportunities, Activities & Recreation

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

#### AGE: 3-6 years

**Gym 'n' Kids:** Have an indoor adventure and get a little exercise. Kids will play games and sports. Parents can even join in on the fun, if they want! \$105.00

Sacred Heart Elementary School 1312 – 15 St. SW  
Saturdays 2:30 – 4:00 pm January 21 – March 17 (No Program February 18)

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

#### AGE: 7-12 years

**Youth Bowling:** Come enjoy a morning of bowling with friends and brush up on your bowling skills! \$105.00

SAIT Campus Centre 1301 – 16 Ave. NW  
Saturday 10:00 – 11:30 am January 21 – March 17 (No Program February 18)

**Water Works Recreational Swim:** Come make a big splash with your friends! This is a recreational swim program; NO lessons are provided. \$105.00

Vecova Recreation Centre 3304 – 33 St. NW  
Sunday 12:45 – 2:15 pm January 22 – March 18 (No program February 19)

**Movie and Cooking:** Watch a movie and cook or bake a tasty dish based on that movie. There is a different theme each week! \$115.00

L'Arche Calgary 307 – 57 Ave. SW  
Tuesdays 6:30 – 8:30 pm January 24 – March 20

**Sport Shorts:** Fun in the gym! Play a new game or sport each week! If you love sports, this program is for you. \$115.00

Sacred Heart Elementary School 1312 – 15 St. SW  
Wednesdays 6:30 – 8:00 pm January 25 – March 21

**Super Saturdays:** Get ready to have a super time with some super friends! Each week we will enjoy different activities around Calgary. \$105.00

Various locations – ask your leader for details/schedule  
Saturday 1:00 – 3:00 pm (may vary) January 21 – March 17 (No Program February 18)

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

#### AGE: 13-17 years

**BFC Teen Idol:** Dance and sing like no one's watching. Simon won't be there to comment! Participate in fun musical activities such as karaoke, dancing and name that tune! \$115.00

Talisman Centre 2225 Macleod Trail S  
Tuesday 6:30 – 8:00 pm January 24 – March 20

**Bowling with Buddies:** Come enjoy an evening of bowling with friends and brush up on your bowling skills. \$115.00

SAIT Campus Centre 1301 – 16 Ave. NW  
Tuesday 7:00 – 8:30 pm January 24 – March 20

**Teen Swim:** Take a dip in the beautiful warm water at the Vecova pool. This is a recreational swim, NO lessons are provided. \$115.00

Vecova Recreation Centre 3304 – 33 St. NW  
Wednesday 6:30 – 8:15 pm January 25 – March 21

**A Second Look:** An introductory level drama class facilitated by Inside Out Theatre where you can develop your acting skills and have fun playing various drama games! \$115.00

Hillhurst United Church 1227 Kensington Close NW  
Thursdays 6:30 – 8:30 pm January 26 – March 22

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

### AGE: 13-17 years

**Teen Night Out:** Share some fun nights out with friends! Activities may include movies, dinner or bowling.

- Session 1: \$115.00  
Wednesday 6:30 – 8:30 pm (may vary) Various Locations South Calgary  
January 25 – March 21
- Session 2: \$105.00  
Friday 6:30 – 8:30 pm (may vary) Various Locations North Calgary  
January 20 – March 16 (No Program February 17)
- Session 3: \$105.00  
Saturday 6:30 – 8:30 pm (may vary) Various Locations Central Calgary  
January 21 – March 17 (No Program February 18)

## Young Adult W.E.S.O.A.R! Programs

### AGE: 18-24 years

**Sunday Matinee North:** Have a relaxing afternoon while watching a movie with your pals! \$105.00  
Cineplex Odeon Sunridge Spectrum 400 - 2555 32 St. NE  
Sunday 3:30 – 6:30 pm January 22 – March 18 (No Program February 19)

**Sunday Matinee South:** Have a relaxing afternoon while watching a movie with your pals! \$105.00  
Cineplex Odeon Westhills Cinema 165 Stewart Green SW  
Sunday 3:30 – 6:30 pm January 22 – March 18 (No Program February 19)

**Young Adult Bowl North:** Always one of the favorites! Enjoy an evening with friends while brushing up on your bowling skills. This is 10 pin bowling. \$115.00  
Let's Bowl 2916 - 5 Ave. NE  
Tuesday 6:45 – 8:15 pm January 24 – March 20

**Young Adult Bowl South:** Always one of the favorites! Enjoy an evening with friends while brushing up on your bowling skills. This is 10 pin bowling. \$115.00  
Century Bowling & Event Centre 1010 – 42 Ave. SE  
Tuesday 6:45 – 8:15 pm January 24 – March 20

**Yoga:** Relax your mind and strengthen your body. Learn different yoga poses and meditation techniques. \$115.00  
Talisman Centre 2225 Macleod Trail S  
Wednesday 7:00 – 8:30 pm January 25 – March 21

**Young Adult Swim:** Enjoy the relaxing dip in a pool while having fun with your friends. This is a recreational swim; NO lessons are provided. \$115.00  
Vecova Recreation Centre 3304 – 33 St. NW  
Thursday 6:30 – 8:15 pm January 26 – March 22

**Night on the Town:** Check out what this town has to offer! Activities may include movies, dinner or bowling.

- Session 1: \$115.00  
Tuesday 6:30 – 8:30 pm (may vary) Various Locations South Calgary  
January 24 – March 20
- Session 2: \$115.00  
Wednesday 6:30 – 8:30 pm (may vary) Various Locations North Calgary  
January 25 – March 21
- Session 3: \$115.00  
Thursday 6:30 – 8:30 pm (may vary) Various Locations South Calgary  
January 26 – March 22
- Session 4: \$105.00  
Friday 6:30 – 8:30 pm (may vary) Various Locations North Calgary  
January 20 – March 16 (No Program February 17)
- Session 5: \$105.00  
Saturday 6:30 – 8:30 pm (may vary) Various Locations Central Calgary  
January 21 – March 17 (No Program February 18)

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

### AGE: 25+ years

**Showtime Sunday North:** Have a relaxing afternoon while watching a movie with your pals! \$105.00  
 Empire Studio 16 Country Hills 300 - 388 Country Hills Blvd NE  
 Sunday 3:30 – 6:30 pm January 22 – March 18 (No Program February 19)

**Showtime Sunday South:** Have a relaxing afternoon while watching a movie with your pals! \$105.00  
 Empire Theatres Shawnessy 100 – 16061 Macleod Trail S  
 Sunday 3:30 – 6:30 pm January 22 – March 18 (No Program February 19)

**Adult Bowl:** Always one of the favorites! Enjoy an evening with friends while brushing up on your bowling skills. This is 10 pin bowling. \$115.00  
 Let's Bowl 2916 - 5 Ave. NE  
 Tuesday 6:45 – 8:15 pm January 24 – March 20

**Scrapbooking 101:** Let your creative side loose and learn the latest scrapbooking techniques. Scrapbook and materials will be provided. \$115.00  
 TBA North Calgary  
 Wednesday 6:30 – 8:00 pm January 25 – March 21

**Drum Circle:** Drum up some fun and express yourself at drum circle. Facilitated by One World Drumming. \$105.00  
 One World Drumming 131 - 61 Ave. SE  
 Saturday 12:30 – 2:00 pm January 21 – March 17 (No program February 18)

**Simply Social:** A variety of activities which may include movies, dinner, bowling, and swimming.  
 •Session 1: \$115.00 Various Locations South Calgary  
 Thursday 6:30 – 8:30 pm (may vary) January 26 – March 22  
 •Session 2: \$105.00 Various Locations North Calgary  
 Friday 6:30 – 8:30 pm (may vary) January 20 – March 16 (No program February 17)  
 •Session 3: \$105.00 Various Locations Central Calgary  
 Saturday 6:30 – 8:30 pm (may vary) January 21 – March 17 (No program February 18)



The Sibshops program is offered in partnership with Connections Counseling, Calgary SCOPE Society, Renfrew Educational Services, and Between Friends Club. The Sibshops program provides support and education through recreation for siblings of children with special health and developmental needs.

Orientation Night:  
 28 February 2012  
 6:30 to 8:30 PM



Spring 2012 Programs  
 Ages 8 to 11  
 Saturdays: March 3rd,  
 10th and 17th  
 9:00 AM to Noon  
 Cost \$45.00

For more information or to register, please contact Lisa before 14 February 2012 at: (403) 209-1100 or connect@calcna.ab.ca

For more information visit: [www.connections counselling.ab.ca](http://www.connections counselling.ab.ca)

# I.C.A.N! PROGRAMS

## Inclusive Community Activities with No Barriers!

Lead Corporate Partner



Our I.C.A.N! Programs give participants the opportunity to participate in recreational programs in their community. These programs are suited for participants who require minimal support to participate in community programs with others who have similar interests.

### HOW DO I.C.A.N! PROGRAMS WORK?

I.C.A.N! participants will be registered into an existing program of their choice at any local facility. The program is instructed by the facility staff; however, a Between Friends Club Inclusion Facilitator will be in attendance to provide additional support to the instructor, participants and his/her group.

### WHO ARE I.C.A.N! PROGRAMS FOR?

I.C.A.N! programs are designed for our increasingly independent members of all ages. A home visit may be completed for members who are new to our I.C.A.N! Programs. This visit will help determine if our I.C.A.N! Programs are suited to the participant. Participants who need more than the amount of support our inclusion programs provide, may be asked to attend our W.E.S.O.A.R! Programs.

### WHERE ARE I.C.A.N! PROGRAMS LOCATED?

Various Locations - Dates, times and locations are flexible and will be determined based on the participant's choice. You choose what works best!!

**Any program can be an I.C.A.N! Program!!!** There are a number of programs available at each facility. Please visit various facility websites to view the list of available programs. Spaces are limited!

Contact Tannis Smith, Support and Outreach Coordinator, at (403) 508-0116 to register for an I.C.A.N! Programs. Registration is now ongoing! Remember you must speak directly to Tannis to ensure your space has been reserved. I.C.A.N! Programs run at \$105.00 per program; however, if the cost of program registration is greater, a cost adjustment will be negotiated.



**SPECIAL THANKS**

Thank you to the following donors who continue to allow Between Friends Club to offer a place to belong.  
(July 1, 2011 – September 30, 2011)

**CORPORATIONS, SERVICE CLUBS, FOUNDATION**

Accessible Housing from Stepper Custom Homes  
Apache Corporation  
Bellport Resources  
BMO Capital Markets  
Bennett Jones  
BP Foundation Inc.  
Canadian Natural Resources Limited (CNRL)  
Calgary Children's Foundation  
Canadian Tubulars  
DJA Engineering Services Inc.  
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Financial Services  
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JCOR Human Resources Services Inc.  
KBM Commercial Floor Coverings Inc.  
Keyera Corp.  
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Mavericks Chuckwagon Society  
McDaniels & Associates Consultants  
McElhanney Land Surveys Ltd  
Moss Fabrications Ltd.  
Murco Industries Ltd.  
National Bank Financial  
Newalta Corporation  
NLN Investments Ltd. (Books Between Friends)  
Northwest Tank Lines  
Patterson-UTI Drilling Canada Limited  
Peters & Co. Ltd.  
Petrin Mechanical (Alberta) Ltd.  
Riddell Family Charitable Foundation  
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Professional Corp  
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Select Delivery Systems  
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Shell Canada Limited  
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Solex Thermal Science Inc.  
Stone Creek Resorts Inc.  
Toole Peet & Co. Limited  
Telus Team Charitable Giving Program  
Triway Services  
United Way of Calgary and Area  
United Way of Peel Region  
Wildcat Well Operators Ltd.  
XI Technologies Inc.

**INDIVIDUALS**

Sue Acorn  
Linda Anderson  
Joanne Anson  
Kathleen Askevold  
James Ayton  
Irene Bakos  
Archie Beare  
Jennifer Baerg  
David Boomer  
Kathryn Brownson  
Lucia Buccini  
Maggie Cha  
Connie Chan  
David Cheney  
Brenda Cherry  
David Z. Clark  
Michael Colborne  
Mae Cook  
Sandra Corenblum  
Gerry David  
Mike de Carle  
John Duckett  
Michael Duckett  
Bill Falagaris  
Debbie Forsch  
Linda Foster  
Juliamai Giffen  
Derek Glowa  
Douglas Goodwin  
John & Diane Gladstone  
Amy Hajar  
Ray Herrington

Nicole Hogan  
Stephanie Howard  
Hye-Jung Hyun  
Suzanne Jackett  
Audrey Jackson  
Janaka Jayasuriya  
Colleen Jones  
Fred Johnson  
Kathryn & Garth Johnson  
Sunaryani Kasim  
Douglas J. Kay  
Mitra Khorasani  
Toghiani  
Jim Labelle  
Samantha Lathrop  
Beth Lawton  
Allan Markin  
Donna Maksymec  
Gillian McCaw  
Glen McArter  
Tammy McCorkell  
Donald McGregor  
Scott McDonald  
Douglas McLean  
Marton Murphy  
Michelle & Paul McMillan  
Marsha Muscoby  
Louise Nesterenko  
Dorothy Nichols  
Krista Noriega  
Michael O'Reilly

Harry Pelton  
John Piasta  
Gary Pease  
Jade Soltice  
Margie Penuliar  
Kim Presser  
Delaney Rivard  
Roland Sabourin  
Sharon Saul  
Cheryl Shore  
Sherry Sawers  
Calum Scott  
Shannon Slabotsky  
Tannis Smith  
Brad Strangeland  
Mark Terrill  
Anthony Tighe  
Margaret (Peggy) Thomson  
Anh Tran  
Guy Turcotte  
Clara & Tim Ulrichsen  
David Waymouth  
Kathleen Whelan  
John Williams  
Juanita Winters

**GIFTS IN KIND**

Alberta Boot Company  
Stephen Ames  
Artisty In Motion  
Beaumont Church LLP  
Between Friends Club Board of Directors  
Sheila and Barry Bloomfield  
Bon Ton Meat Market  
Bow Cycle & Motor Co Ltd  
Cactus Club Café  
Calgary Flames Hockey Club  
Calgary Olympic Development Association  
Calgary Philharmonic Orchestra  
Calgary Stampede  
Football Club  
Calgary Zoo  
Canyon Meadows Golf & Country Club  
Carnmoney Golf & Country Club  
Chicago Chophouse  
City of Calgary  
Downtown  
YMCA Branch  
Ducks & Company  
Earl Grey Golf & Country Club

Fairmont Banff Springs  
Foot Solutions  
Forzani Group Ltd  
Heritage Park  
Hockey Memorabilia  
Brian Hogan  
Stephanie Howard  
Hudson Canadian Tap House  
Janet Horbacio  
Photography  
JAROBlue  
Jewels by Maxime's  
John Land  
Little Red Inc.  
Keith MacDonald  
Marsh Canada Limited  
Mavericks Chuckwagon Society  
Paul Miller  
Bruce R. McFarlane  
Tammy McCorkell  
Moksha Yoga Calgary West  
Moosehead Breweries Ltd.  
Marton Murphy  
Murrieta's Bar & Grill  
Colleen Ngai  
Nike Golf  
Pinebrook Golf & Country Club  
Redwood Meadows Golf and Country Club  
Liz Rivard

Dwight & Tanya Ross  
See Your Game  
Shawnessey  
Superstore  
Spolumbo's Fine Foods & Deli  
Stone Creek Resorts  
Springbank Cheese Company  
Sunnyside Greenhouses Ltd  
Subway Restaurant  
Talisman Centre  
The Oasis Wellness Centre & Spa  
Thorlakson Feedyards Inc.  
Time Frames  
Toole Peet- Cathy Strand  
Trail Appliances  
Traxis Solutions Inc  
TransCanada Pipelines  
Upper Hot Springs  
Vertigo Theatre  
Vintage Group - RUSH Restaurant & Bar  
Trisha Wheatley  
Craig Wilkie  
Willow Park Wines & Spirits  
Alex Woelfle  
Laurie Woelfle

**BETWEEN FRIENDS CLUB CHARITY GOLF CLASSIC**

Thank you to all of the players who participated and helped us to raise \$145,000.

**PARENT AND VOLUNTEER SUPPORT**

Thank you to our parents and volunteers for your continued support.

**Thank you to those who have donated to us though the United Way of Calgary Donor Choice Program and to our anonymous donors.**

Every attempt is made to ensure the accuracy of this information. If for some reason we have not acknowledged you, please accept our sincere apologies and our heartfelt appreciation for your generous gift.





# IMPORTANT DATES AND SPECIAL EVENTS

Check our website and monthly e-letter for upcoming events!

<b>Friday, December 2</b>	2012 Membership Fees Due	<b>Thursday, February 23</b>	Registration for I.C.A.N! Camps
<b>Saturday, December 3</b>	International Day of Persons with Disabilities	<b>Saturday, February 25</b>	Friends In Motion (Formerly Skate, Walk or Wheel-a-Kid-to-Camp)
<b>Saturday, December 3</b>	Gift to Parents (TBC)	<b>Wednesday, March 7</b>	Registration for Camp Bonaventure & Fun'zAmust
<b>Wednesday, December 7</b>	Registration for Winter W.E.S.O.A.R!	<b>Saturday, March 17</b>	St. Patrick's Day Adult Dance
<b>Thursday, December 8</b>	Supper with Santa (TBC)	<b>Thursday, March 22</b>	Winter W.E.S.O.A.R! Programs End
<b>Saturday, December 17</b>	Adult Winter Party	<b>Wednesday, March 28</b>	Registration for Spring/Summer W.E.S.O.A.R!
<b>December 27 - 30</b>	Holiday Day Camp	<b>Friday, April 6</b>	Office Closed: Good Friday
<b>January 3 - 6</b>	Holiday Day Camps	<b>Monday, April 9</b>	Office Closed: Easter Monday
<b>Friday, December 23</b>	Office Closed: 12:00 PM	<b>Wednesday, April 26</b>	Registration for Adventurers
<b>Tuesday, January 3</b>	Office reopens: 9:00 AM		
<b>Friday, January 20</b>	Winter W.E.S.O.A.R! Programs Start		
<b>January 21 - 22</b>	Casino		
<b>February 17 - 20</b>	No Programs		
<b>Monday, February 20</b>	Office Closed: Family Day		

## Between Friends Club

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