

**WATCH FOR OUR  
HOLIDAY SCHEDULE  
COMING SOON ...**



*Volunteers Needed for the Board of  
Directors, LEARN and  
Special Events.*

**CONTACT: [ed@ilrcc.ab.ca](mailto:ed@ilrcc.ab.ca)  
CALL: 403-263-6880 ext 222**

# ILRCC

**LEARN  
VOLUNTEER**

**Fall 2018**



Independent Living Resource Centre  
134, 3359 27th Street NE  
Calgary, AB T1Y 5E4

# Contents



## DID YOU KNOW?

### REGISTRATION

ILRCC is happy to announce it is now accepting online registrations. Please visit our website at [www.ilrcc.ab.ca](http://www.ilrcc.ab.ca) to register online. If online registration will not work for you, feel free to register via fax, mail or in person using our new registration form also found on the website in a printable form.

Classes fill up fast so register early. If a class is full when you register, you can be put on a waiting list or choose a different program. Course Fees and Admission tickets are non-refundable unless cancelling the semester due to a health issues or unforeseen personal circumstance. Caregivers must pay separate admission fees for most events if attending with clients.

### RESPONSIBILITIES

Our instructors arrive 15 minutes prior to the events, and remain 15 minutes after the event ends. If a client requires assistance waiting for their pick up, please make alternate arrangements or send support staff to assist.

ILRCC is not liable for personal injuries and/ or lost, stolen or damaged personal property. Participation in ILRCC programs is at the attendees own risk. Client transportation, pick up/drop off at all programs is the responsibility of the caregivers and/or family members to arrange in advance.

### Donation Request

To donate to ILRCC please visit any ATB Branch where ATB will match your donation. You can also donate online at [www.ilrcc.ab.ca](http://www.ilrcc.ab.ca) using Paypal, or by visiting us in person!



## FRIDAY NIGHT OUT AND ABOUT

### September 14, 2018

Buffet: Glenmore Inn  
2720 Glenmore Trail SE  
Event Time: 6:30-8:30  
Access D/O: 6:10-6:30  
Access P/U: 8:20-8:40  
Pre-paid Cost: \$26.50  
**(incl. Meal, Gratuity & Beverage)**

### September 21, 2018

A Night of Magic  
ILRCC - 134, 3359 27 Street NE  
Event Time: 7:00-8:00  
Access D/O 6:30-6:50 P/U 8:20-8:40  
Pre-paid Cost: \$25.00

### September 28, 2018

Fall Dance & Karaoke  
ILRCC – 134, 3359 27 St. NE  
Event Time: 6:30-8:30  
Access D/O: 6:20-6:40 Access P/U: 8:20-8:40  
Pre-Paid Cost \$10.00 (incl. snack & drink)

### NO CLASS OCTOBER 5, 2018

### October 12, 2018

Dance Through Life  
ILRCC – 134, 3359 27 Street NE  
Event Time: 7:00-9:00  
Access D/O: 6:30-6:50 Access P/U: 9:00-9:20  
Pre-paid Cost: \$15.00

### October 19, 2018

Loose Moose Theatre  
1235 26 Ave SE  
Event Time: 8:00-10:00  
Access D/O: 7:20-7:40 Access P/U: 10:00-10:20  
Pre-paid Cost: \$12.00  
**\*WHEEL CHAIR D/O & P/U at EAST DOORS**

### October 26, 2018

Halloween Howler  
ILRCC – 134, 3359 27 Street NE  
Event Time: 6:30-8:30  
Access D/O: 6:20-6:40 Access P/U: 8:30-8:50  
Pre-paid Cost: \$15.00 (incl. pizza, drink & dessert)

### November 2, 2018

Calgary Hitmen Game  
Scotia Bank Saddle Dome (north entrance)  
Event Time: 7:00-9:30  
Access D/O: 6:30-6:50 Access P/U: 9:30-9:50  
Purchase Tickets at the Door. Price Not yet available.

### November 9, 2018

Drum Circle  
Inglewood Community Centre  
1740 24 Avenue SE  
Event Time: 7:00-9:00  
Access D/O: 6:30-6:50 Access P/U: 9:00-9:20  
Pre-paid Cost: \$15.00 (or \$10 client + \$5.00 staff)

### November 16, 2018

Movie Night Out  
Landmark Theatre – Country Hills  
300, 388 Country Hills Blvd. NE  
Event Time: 6:30-9:30  
Access D/O: 6:30-6:50 Access P/U 9:15-9:30  
Pre-paid Cost: \$12.00

### November 23, 2018

Buffet: Glenmore Inn  
2720 Glenmore Trail SE  
Event Time: 6:30-8:30  
Access D/O: 6:10-6:30 Access P/U: 8:20-8:40  
Pre-paid Cost: \$26.50  
**(incl. Meal, Gratuity & Beverage)**

### November 30, 2018

Storybook Theatre  
375 Bermuda Drive NW  
Event Time: 7:00-9:00  
Access D/O: 6:30-6:50 Access P/U: 9:10-9:30  
Pre-paid Cost: \$ 28.00 (attendants extra. Bring \$ for concession if required)  
**\*Doors close at 7:00 (no entry after that)**

**Total Pre-Paid Costs: 185.00**

**NOTE:** To ensure everyone has a ticket for all of the events, we require payment in advance for the events you wish to attend, as well as payment for caregivers if needed. Payment to be made with the registration by cheque, money order, cash or credit card to the ILRCC office. **Prices may be subject to change. Please contact ILRCC for Instructor Contact**

**WEDNESDAY Culture Club**

**September 12, 2018**

Bowness Park—Nature Walk & Games  
8900 48 Avenue NW  
Access D/O & P/U at Concession  
Access D/O 9:40-10:00 P/U 11:50-12:10  
Cost \$5.00 (beverage)

**September 19, 2018**

Carburn Park—Scavenger Hunt  
67 Riverview Drive SE  
Access D/O 9:40-10:00 P/U 11:50-12:10  
Cost Free \*bring own beverage/snack

**September 26, 2018**

Chinese Cultural Centre  
197 1 Street SW  
Access D/O 9:40-10:00 P/U 11:50-12:10  
Cost: \$5 – \* bring \$ to buy snack/drink

**October 3, 2018**

Fun Bowl – Bowling Depot  
146, 5255 McCall Way NE  
Access D/O 9:40-10:00 P/U 11:50-12:10  
Cost \$12.00 (plus \$ for snack/drink)

**October 10, 2018**

Glenbow Museum  
130 – 9 Avenue SE  
D/O 9:40-10:00 P/U 11:50-12:10  
Cost: \$16.00 (attendants free)

**October 17, 2018**

Escape Room Challenge - Escape Ops  
#3, 700 33 Street NE  
Access D/O 9:40-10:00 PU 12:00-12:20  
Cost \$25.00 (attendants must also pay  
For this unique experience).

**October 24, 2018**

Fort Calgary  
750 9 Avenue SE  
Access D/O 9:40-10:00 P/U 11:45-12:05  
Cost: \$12.00 (attendants free)

**October 31, 2018**

Kick Off to Halloween  
ILRCC 134, 3359 27 St. NE  
Access D/O 9:40-10:00 Access P/U 12:00-12:20  
Event Cost: \$10.00 (includes snacks/beverage)  
Wear your best costume – There will be prizes!!

**November 7, 2018**

Hexagon Board Game Café  
1140 Kensington Road NW  
Access D/O 9:50-10:10 PU 11:50-12:10  
Cost: Bring \$ to buy a beverage and/or snack.

**November 14, 2018**

Morning Movie  
Landmark Theatre – Country Hills  
300, 388 Country Hills Blvd.  
Access D/O 9:40-10:00 P/U 12:30/12:50  
Cost: \$9.00 (plus \$ for snacks if desired)

**November 21, 2018**

Nickle Arts Museum  
University of Calgary, Taylor Family Library  
Access D/O 9:40-10:00 P/U 11:50-12:10  
Cost: Free (bring \$ for coffee or a snack)

**November 28, 2018**

Slide Show & Pot-Luck (snacks)  
ILRCC, 134, 3359 27 Street NE  
Cost: Free (please bring a snack to share with the  
rest of the group)

**TOTAL Pre-Paid Costs \$ 94.00**

\*(if you have an attendant, ensure you add \$25  
for the Escape room experience on October 17)

**NOTE:** To ensure everyone has a ticket for all of the events, we require payment in advance for the events you wish to attend, as well as payment for caregivers if needed. Payment to be made with the registration by cheque, money order, cash or credit card to the ILRCC office. **Prices may be subject to change.**  
**Please contact ILRCC for Instructor Contact Details if required for Access Bookings.**

**Monday**

Program	Description	Date	Time	Location	Cost
Bowling  Class size: 25	Join us for bowling fun and team play	September 10th To November 26th <b>No class on Oct. 10th, 2018</b>	12:30 pm To 2:00 pm	Bowling Depot #146 5525 McCall Way NE	\$84.00 <b>Additional \$5.75 required each week</b>
Coffee & Conversation (55+)  Class size: 25	Come and partake in lively and engaging conversation with others.	September 10th To November 26th <b>No class on Oct. 10th, 2018</b>	10:00 am To 11:00 am	ILRCC Program Room #134- 3359 27 Street NE	\$75.00
Creative Voices  Class size: 25	Join us for some guitar and sing-a-longs.	September 10th To November 26th <b>No class on Oct. 10th, 2018</b>	7:00 pm To 8:00 pm	ILRCC Program Room #134- 3359 27 Street NE	\$100.00

**Tuesday**

Program	Description	Date	Time	Location	Cost
ART ART ART  Class Size :15	Have fun creating crafts with friends	September 11th To November 27th	10:00 am To 12:00 pm	ILRCC Program Room 134, 3359 27 St NE	\$147.00
Creative Voices  2 classes  Class size: 25 each class	If you like music, this is the place to be. Join us and sing along to some of your favorite songs.	September 11th To November 27th	11:00 am To 12:00 pm  1:00 pm to 2:00 pm	ILRCC Program Room #134 3359 27th street NE	\$100.00

# Wednesday

Program	Description	Date	Time	Location	Cost
Culture Club Class size: 25	Cultural Events at a variety of locations around the city.	September 12th To November 28th	10:00 am To 12:00 pm	Various Locations see schedule of events. See schedule of events and pre-paid costs	\$84.00 <b>PLUS PRE PAID ADMISSION</b>
Relaxation Techniques Class size: 25	Come and learn about different relaxation strategies and methods.	September 12th To November 28th	12:00 pm To 1:00 pm	ILRCC Program Room 134, 3359 27 St NE	\$75 (bring a yoga mat if you have one)
Pizza With Friends Class size: 25	Meet friends each Wednesday night for pizza and socializing.	September 12th To November 28th	6:00 pm To 7:30 pm	Boston Pizza 2836 Memorial Drive N.E.	\$84.00 <b>Bring \$15.00-20.00 for Pizza each week</b>

# Thursday

Program	Description	Date	Time	Location	Cost
Yoga Class size: 20	Learn Relaxation and Yoga Techniques with music	September 13th To November 29th	10:00 am To 11:00 am	ILRCC Program Room 134, 3359 27 Street NE	\$100.00
The Sounds of Music	Sing, dance or just listen as we explore different genres and varieties of music.	September 13th To November 29th	1:00 pm To 2:00 pm	ILRCC Program Room 134, 3359 27 St NE	\$100.00



# Friday

Program	Description	Date	Time	Location	Cost
Music and Movement Daytime 1 Class Class Size: 30	Dance and Mingle at the same time to a great mix of tunes.	September 14th To November 30th	10:00 am To 11:00 am	ILRCC Program Room 134 3359 27 St	\$100.00
Friday Night Out and About {FNOA} 1 Class Class Size: 30	Various activities around Calgary from theatre to hockey, to buffets, to drumming.	September 14th To November 30th	6:30 pm To 9:30 pm <b>TIMES MAY VARY DEPENDING ON EVENT</b>	Meeting Places varies Weekly See schedule of events and pre-paid costs	\$84.00 <b>PLUS PRE-PAID ADMISSION</b>

# Saturday

Program	Description	Date	Time	Location	Cost
Bowling Class size 35	Join us for bowling fun with friends.	<b>September 15 To December 1</b> <b>No class on Oct. 6th, and Nov. 10th</b>	1:30 pm To 3:30 pm	Chinook Bowling Chinook Mall South Entrance by Chapters and Cineplex Theatres	\$63.00 <b>Plus \$5.00 1 game \$10.00 2 game \$15.00 for 3 games required each week.</b>