

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



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

**CONTACT: 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 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 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 No class on Oct. 10th, 2018	12:30 pm To 2:00 pm	Bowling Depot #146 5525 McCall Way NE	\$84.00 Additional \$5.75 required each week
Coffee & Conversation (55+) Class size: 25	Come and partake in lively and engaging conversation with others.	September 10th To November 26th No class on Oct. 10th, 2018	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 No class on Oct. 10th, 2018	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 PLUS PRE PAID ADMISSION
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 Bring \$15.00-20.00 for Pizza each week

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
Music & Movement Class size: 40	Dance and Mingle at the same time to a great mix of tunes.	September 20 To November 29	7:00 pm To 8:30 pm	ILRCC Program Room, 134, 3359 27 Street NE	\$90.00

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 TIMES MAY VARY DEPENDING ON EVENT	Meeting Places varies Weekly See schedule of events and pre-paid costs	\$84.00 PLUS PRE-PAID ADMISSION

Saturday

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