

# ILRC

LEARN  
VOLUN-

Fall 2019



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.

**PLEASE ENSURE THAT ALL CONSUMERS ARE DROPPED OFF BY ACCESS NO EARLIER THAN 30 MINUTES PRIOR TO THE BEGINNING OF THE PROGRAM AND PICKED UP BY ACCESS NO LATER THAN 30 MINUTES AFTER THE END OF PROGRAM**



### Donation Request

**To donate to ILRCC please visit any ATB Branch where ATB will match your donation. You can also donate by visiting us in person or by credit card!**  
**Thank You!**

# Monday

Program	Description	Date	Time	Location	Cost
Yoga Class size: 20	Learn relaxation and yoga techniques with music	September 30 To December 16 <b>No class on October 14 November 11</b>	10:00 am To 11:00 am	ILRCC Program Room #134—3359 27 Street NE	\$120.00
Movie Monday Class size: 25	Hang out with friends and watch a movie	September 30 To December 16 <b>No class on October 14 November 11</b>	10:00 am To 12:00 pm	ILRCC Program Room #134- 3359 27 Street NE	Free with registration in 2 other programs
Bowling Class size: 25	Join us for bowling fun and team play	September 30 To December 16 <b>No class on October 14 November 11</b>	12:30 pm To 1:30 pm	Bowling Depot #146—5255 McCall Way NE	\$100.00 <b>Additional \$5.75 required each week</b>

# Tuesday

Program	Description	Date	Time	Location	Cost
ART ART ART Class Size :15	Have fun creating crafts with friends	October 1 To December 17	10:00 am To 11:30 am	ILRCC Program Room #134- 3359 27 Street NE	\$150.00
Creative Voices Class size: 25	If you like music, this is the place to be.	October 1 To December 17	12:00 pm To 1:00 pm	ILRCC Program Room #134- 3359 27 Street NE	\$100.00
Karaoke Class size: 25	Join us and sing along to some of your favorite songs.	October 1 To December 17	1:00 pm To 2:00pm	ILRCC Program Room #134- 3359 27 Street NE	\$50.00
Games Night! Class size: 25	Hang out and play some board games, cards games, or just put together a puzzle!	October 1 To December 17	6:00 pm To 8:00 pm	ILRCC Program Room #134- 3359 27 Street NE	\$75.00 <b>Includes: Coffee Tea</b>

# Wednesday

Program	Description	Date	Time	Location	Cost
Culture Club Class size: 25	Cultural events at a variety of locations around the city.	October 2 To December 18	10:00 am To 12:00 pm	See schedule of events and pre-paid costs	\$110.00  <b>PLUS PREPAID ADMISSION</b>
Strictly Painting Class Size 15	Be guided in painting using acrylics or watercolours	October 2 To December 18	10:00 am To 11:30 am	ILRCC Program Room #134- 3359 27 Street NE	\$150.00 Includes all Materials
Relaxation Techniques Class size: 25	Come and learn about different relaxation strategies and methods.	October 2 To December 18	1:00 pm To 2:00 pm	ILRCC Program Room #134- 3359 27 Street NE	Free with registration in 2 other programs
Pizza With Friends Class size: 25	Meet friends each Wednesday night for pizza and socializing.	October 2 To December 18	6:00 pm To 7:30 pm	Boston Pizza 2836 Memorial Drive S.E.	\$110.00  <b>Bring \$20.00-25.00 for Pizza each week</b>

# Thursday

Program	Description	Date	Time	Location	Cost
Yoga Class size: 20	Learn relaxation and yoga techniques with music	October 3 To December 19	10:00 am To 11:00 am	ILRCC Program Room #134- 3359 27 Street NE	\$120.00
The Sounds of Music	Sing, dance or just listen as we explore different genres and varieties of music.	October 3 To December 19	11:30 am To 12:30 pm	ILRCC Program Room #134- 3359 27 Street NE	\$100.00
Music & Movement Class size: 40	Dance and mingle at the same time to a great mix of tunes.	October 3 To December 19	6:00 pm To 7:00 pm	ILRCC Program Room #134- 3359 27 Street NE	\$100.00

# Friday

Program	Description	Date	Time	Location	Cost
<b>Music and Movement Daytime</b>  Class Size: 30	Dance and mingle at the same time to a great mix of tunes.	October 4 To December 20  <b>No class on            October 11            November 8</b>	10:00 am To 11:00 am	ILRCC Program Room #134—3359 27 Street NE	\$100.00
<b>Friday Night Out and About (FNOA)</b> Class size: 30	Various activities around Calgary from theatre to hockey to buffets to drumming.	October 4 To December 20  <b>No class on            October 11            November 8</b>	6:30 pm To 9:30 pm  <b><u>TIMES MAY VARY            DEPENDING            ON EVENT</u></b>	Meeting place varies Weekly See schedule of events and pre-paid costs	\$110.00  <b><u>PLUS            PREPAID            ADMISSION</u></b>

# Saturday

<b>Bowling</b>	Join us for bowling fun and team play	October 4 To December 20  <b>No class on            October 11            November 8</b>	1:30 pm To 3:30 pm	Chinook Bowling  Chinook Mall South Entrance by Chapters and Cineplex Theatres	\$100.00  <b><u>PLUS BRING:            \$5 for 1 game            \$10 for 2 games            \$15 for 3 games</u></b>
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**WEDNESDAY Culture Club****October 2, 2019**

Downtown North Walking Tour

101-9 Avenue SW

Access D/O: 9:40-10:00 am

Access P/U: 1:00-1:20 pm

**Prepaid Cost: Free****October 9, 2019**

Grain Academy Museum

20 Roundup Way SE

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$5.00****October 16, 2019**

Bowling at The Bowling Depot

5255 McCall Way NE #146

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost \$16.00 for 2 games****October 23, 2019**

Studio Bell

850-4 Street SE

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$18.00\*\*****October 30, 2019**

ILRCC Halloween Party

3359-27 Street NE #134

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$10.00****November 6, 2019**

Esker Foundation Art Exhibit

1011-9 Avenue SE, 4 Floor

Access D/O: 10:40-11:00 am

Access P/U: 1:00-1:20 pm

**Prepaid Cost: Free****November 13, 2019**

The Military Museums

4520 Crowchild Trail SW

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$15.00****November 20, 2019**

Metal Galaxy Board Game Café

4624 Macleod Trail SW

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$10.00****November 27, 2019**

Glenbow Museum

130-9 Avenue SE

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$18.00\*\*****December 4, 2019**

Tour the Central Library

800-3 Street SE

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: Free****December 11, 2019**

YouthLink Calgary Police Interpretive Centre

5111-47 Street NE

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$5.00****December 18, 2019**

ILRCC Christmas Party

3359-27 Street NE #134

Access D/O: 9:40-10:00 am

Access P/U: 12:00-12:20 pm

**Prepaid Cost: \$15.00****TOTAL Pre-Paid Costs \$ 112.00**

**\*\* If you have an Access2 card, you can use this for better rates. You must pay at the door with your card, instead of prepaid with ILRCC. Participating Venues: Calgary Zoo, Sports Hall of Fame, Glenbow Museum. Please notify us at registration if you are using an Access2 card.**

**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.**

# FRIDAY NIGHT OUT AND ABOUT - FALL 2019

## October 4, 2019

Buffet: Glenmore Inn  
2720 Glenmore Trail SE  
Event Time: 6:30-8:30 pm  
Access D/O: 6:10-6:30 pm  
Access P/U: 8:20-8:40 pm  
**Prepaid Cost: \$32.00**

**(including Meal, Gratuity & Beverage)**

## October 18, 2019

Drum Circle  
Inglewood Community Centre  
1740 24 Avenue SE  
Event Time: 7:00-9:00 pm  
Access D/O: 6:30-6:50  
Access P/U: 9:00-9:20  
**Prepaid Cost: \$15.00**

## October 25, 2019

Movie Night Out  
Canyon Meadows  
13226 Macleod Trail #110  
Event Time: 7:00-9:30 pm  
Access D/O: 6:20-6:40 pm  
Access P/U: 9:30-9:50 pm  
**Prepaid Cost: \$5.00 (bring \$ for snack and drink)**

## November 1, 2019

Buffet Dinner China Rose  
228 - 28 Street SE  
Event Time: 6:30-8:30 pm  
Access D/O: 6:10-6:30 pm  
Access P/U: 8:20-8:40 pm  
**Prepaid Cost: \$32.00**  
**(including Meal, Gratuity & Beverage)**

## November 15, 2019

Bowling at The Bowling Depot  
5255 McCall Way NE #146  
Event Time: 6:30-8:30 pm  
Access D/O: 6:10-6:30 pm  
Access P/U: 8:40-9:00 pm  
**Prepaid Cost: \$16.00 for 2 games**

## November 15, 2019

Mini Golf Shakers Family Fun Center  
9900 Venture Ave SE  
Event Time: 6:30-8:30 pm  
Access D/O 6:10-6:30 pm  
Access P/U 8:40-9:00 pm  
**Prepaid Cost: \$12.00**

## November 29, 2019

Metal Galaxy Board Game Cafe  
4624 Macleod Trail SW  
Event Time: 6:30-8:30 pm  
Access D/O: 6:10-6:30 pm  
Access P/U: 8:30-8:50 pm  
**Prepaid Cost \$10.00 (bring \$ for snack and drink)**

## December 6, 2019

Storybook Theatre  
375 Bermuda Drive NW  
Event Time: 7:00-9:00 pm  
Access D/O: 6:20-6:40 pm  
Access P/U: 9:00-9:20 pm  
**Prepaid Cost \$31.00**

## December 13, 2019

ILRCC Movie Night  
3359-27 Street NE #134  
Event Time: 6:30-8:30 pm  
Access D/O 6:10-6:30 pm  
Access P/U 8:40-9:00 pm  
**Prepaid Cost: Free**

## December 20, 2019

ILRCC Christmas Party  
3359-27 Street NE #134  
Event Time: 6:30-8:30 pm  
Access D/O: 6:10-6:30 pm  
Access P/U: 8:30-8:50 pm  
**Prepaid Cost: \$15.00**

**Total Pre-Paid Costs: \$168.00**

**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.**

# Personal Empowerment

Do you have a disability and need support, information or advocacy?

Do you work with an individual or family requiring assistance or information to navigate such agencies as PDD, AISH, Calgary Housing Company or Aids to Daily Living?

Our PEP Coordinator assists adults

who have disabilities by offering short-term, transitional help with respect to service navigation, referral, and self-advocacy to achieve their own level of independence. In addition, we host a series of learning opportunities through workshops and presentations that focus on building lifelong skills.

**Stay Tuned for Exciting Workshops and Classes**

**Call to Register: 403-263-6880**

**Email: [PEP@ilrcc.ab.ca](mailto:PEP@ilrcc.ab.ca)**

# Volunteer Services

Let us help you find meaningful and productive volunteer opportunities with us or within the community!

The ILRCC Volunteer Program will customize volunteer opportunities for you



**Interested?**

**Call 403-263-6880**

**Email [PEP@ilrcc.ab.ca](mailto:PEP@ilrcc.ab.ca)**