

ILRCC

LEARN
VOLUNTEER

Winter 2020



Independent Living Resource Centre Calgary
#134, 3359 - 27 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, please feel free to register via mail or in person using our new registration form also found on the website in a printable format.

Classes fill up fast so register early. Course fees and admission tickets are non-refundable unless cancelling the semester due to health issues or unforeseen documented personal circumstances. Please see the Friday night itinerary for support worker costs.

RESPONSIBILITIES

Our instructors arrive 30 minutes prior to the events, and remain 30 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 support workers 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
Bowling	Join us for bowling fun and team play	January 6 to March 23 No class on February 17	12:30 pm to 2:00 pm	Bowling Depot #146 - 5255 McCall Way NE	\$100.00 Additional \$5.75 required each week
Music & Movement Minimum Size: 10	Dance and mingle at the same time to a great mix of tunes	January 6 to March 23 No class on February 17	7:00pm to 8:00pm	ILRCC Program Room #134, 3359 - 27 Street NE	\$ 100.00

Tuesday

Program	Description	Date	Time	Location	Cost
ART ART ART Minimum Size :15	Have fun creating crafts with friends	January 7 to March 24	10:00 am to 11:30 am	ILRCC Program Room #134, 3359 - 27 Street NE	\$150.00 Includes all materials
Music & Movement/Karaoke Minimum Size: 10	Dance, sing and mingle at the same time to a great mix of tunes	January 7 to March 24	1:00 pm to 2:00 pm	ILRCC Program Room #134, 3359 - 27 Street NE	\$100.00

Wednesday

Program	Description	Date	Time	Location	Cost
The Mixed Bag of Tricks Minimum Size: 10	Join us as we mix it up between movies and music (Replaces Culture Club)	January 8 to March 25	10:00 am to 11:30 pm	ILRCC Program Room #134, 3359 - 27 Street NE	\$100.00
Pizza with Friends	Meet friends each Wednesday night for pizza and socializing	January 8 to March 25	6:00 pm to 7:30 pm	Boston Pizza 2836 Memorial Drive SE	\$110.00 Bring \$20.00 - \$25.00 for pizza each week

Thursday

Program	Description	Date	Time	Location	Cost
Yoga Minimum Size: 10	Learn relaxation and yoga techniques	January 9 to March 26	10:00 am to 11:00 am	ILRCC Program Room #134, 3359 - 27 Street NE	\$120.00
Music & Movement/Sounds of Music Minimum Size: 10	Dance and mingle at the same time to a great mix of tunes	January 9 to March 26	1:00 pm to 2:00 pm	ILRCC Program Room #134, 3359 - 27 Street NE	\$100.00
Music & Movement Minimum Size: 10	Dance and mingle at the same time to a great mix of tunes	January 9 to March 26	7:00 pm to 8:00 pm	ILRCC Program Room #134, 3359 - 27 Street NE	\$100.00

Friday

Program	Description	Date	Time	Location	Cost
Music & Movement Minimum Size: 10	Dance and mingle at the same time to a great mix of tunes	January 10 to March 27 No class on February 14	10:00am to 11:00am	ILRCC Program Room #134, 3359 - 27 Street NE	\$100.00
Games and Puzzles Minimum Size: 10	Hang out and play some board games or cards	January 10 to March 27 No class on February 14	10:00am to 11:30am	ILRCC Program Room #134, 3359 - 27 Street NE	\$75.00
Friday Night Out and About (FNOA)	Various activities around Calgary from theatre to hockey and buffets to drumming	January 10 to March 27 No class on February 14	6:30 pm to 9:30 pm <u>TIMES MAY VARY DEPENDING ON EVENT</u>	See schedule of events and pre-paid costs	\$125.00 PLUS PRE-PAID ADMISSION

Saturday

Program	Description	Date	Time	Location	Cost
Bowling	Join us for bowling fun and team play	January 11 to March 28 No class on February 15	1:30 pm to 3:30 pm	Chinook Bowladrome 6455 Macleod Trail South Entrance by Chapters and Cineplex Theatres	\$100.00 PLUS BRING: \$5 for 1 game \$10 for 2 games \$15 for 3 games

FRIDAY Night Out and About (FNOA)ary 28, 2020

Metal Galaxy Board

January 10, 2020

Calgary Hitmen Hockey Game

555 Saddledome Rise SE

Access D/O: 6:30 -6:50 pm

Access P/U: 9:00-9:20 pm

Prepaid Cost: \$32.00**Meeting Spot: Entrance on Saddledome Rise SE****Support workers free****January 17, 2020**

Drum Circle - Inglewood Community Centre

1740 24 Avenue SE

Access D/O: 6:30-6:50 pm

Access P/U: 9:00-9:20 pm

Prepaid Cost: \$15.00**Meeting Spot: Front entrance****Support workers free****January 24, 2020**

Movie Night Out - Canyon Meadows

#110 - 13226 Macleod Trail

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)**Meeting Spot: Front entrance****Support workers free****January 31, 2020**

The Old Spaghetti Factory

472 - 36 Street NE

Access D/O: 6:10-6:30 pm

Access P/U: 8:20-8:40 pm

Prepaid Cost: \$25.00**Meeting Spot: Front entrance****Support workers pay for their activity****February 7, 2020**

Glenbow Museum

130 - 9 Avenue SE

Access D/O: 5:40-6:00 pm

Access P/U: 8:00-8:20 pm

Prepaid Cost: Free**Meeting Spot: Front entrance****Support workers free****February 21, 2020**

Schanks Sports Grill

9627 Macleod Trail South

Access D/O 6:00-6:20 pm

Access P/U 8:30- 8:50 pm

Prepaid Cost: \$28.00**Meeting Spot: Front entrance****Support workers pay for their activity**

Game Cafe

4624 Macleod Trail SW

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)**Meeting Spot: Front entrance****Support workers free****March 6, 2020**

Loose Moose Comedy Show

1235 - 26 Avenue SE

Access D/O: 7:40-8:00pm

Access P/U: 10:00-10:20 pm

Prepaid Cost \$12.00**Meeting Spot: East doors****Support workers pay for their activity****March 13, 2020**

Calgary Roughnecks Lacrosse Game

555 Saddledome Rise SE

Access D/O 7:00-7:20 pm

Access P/U 9:30- 9:50 pm

Prepaid Cost: \$25.00**Meeting Spot: Entrance on Saddledome Rise SE****Support workers free****March 20, 2020**

Colour Me Mine

41 High Street SE

Access D/O: 6:20-6:40 pm

Access P/U: 8:30-8:50 pm

Prepaid Cost: \$25.00**Meeting Spot: Front entrance****Support workers pay for their activity****March 27, 2020**

ILRCC Movie night / Wind up

#134, 3359 - 27 Street NE

Access D/O: 6:10-6:30 pm

Access P/U: 8:30-8:50 pm

Prepaid Cost: Free**Meeting Spot: Program room****Support workers free****Total Pre-Paid Costs: \$177.00**

If you have an Access2 card, you can use this for better rates. You must pay at the door with your card, instead of prepay with ILRCC. 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 support workers 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?

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.

**Call : 403-263-6880
Email: 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 based on your interests and abilities



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**Interested?
Call 403-263-6880
Email PEP@ilrcc.ab.ca**