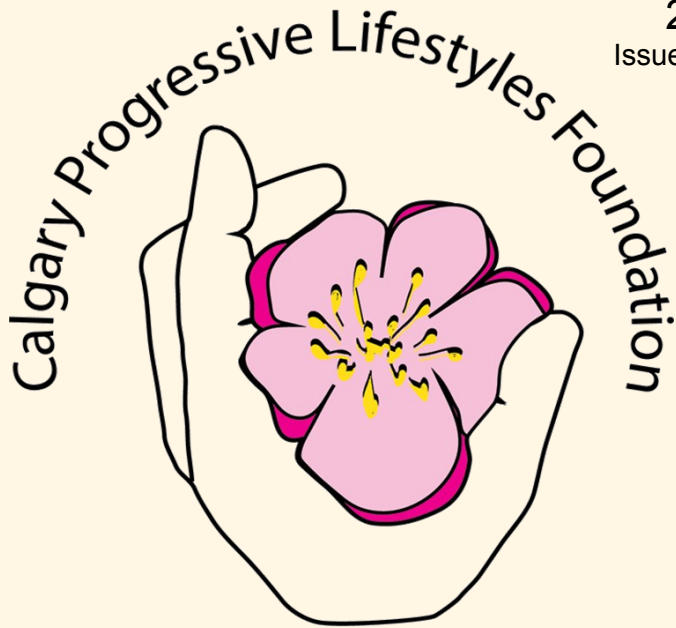


Our Mission: To promote self-sufficiency and quality of life within individuals who have a disability and seniors. This is achieved through Community Presence and Participation, Skill and Image Enhancement, Autonomy and Empowerment.

Our Services: CPLF provides customized supports for individuals with disabilities and seniors in our community, at work and at home since 1989.

March
2017
Issue# 136



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www.cplf.ca



March 17, 2017

Our Proud Community Building Social Enterprises



www.cookiesonthego.org



www.lifestylesbistro.ca

In the Community

Corporate Lucky Draw Winner

Each month Lifestyles Bistro and Cookies on the Go select a random winner from the business cards that are dropped into our contest draw box located at our front counter. The random winner receives either a corporate gift basket for their office or a catering gift certificate valued at \$50.00. This month we would like to congratulate the Electrical Wholesalers (Calgary) as this month's winner!



Electrical Wholesalers Ltd. is a privately owned and operated electrical distributor servicing mainly the Calgary and Southern Alberta residential, commercial and industrial markets. Established in 1981, Electrical Wholesalers Ltd. is proud to supply a wide range of products including but not limited to lighting, lamps, lighting control systems, distribution, motor control, devices, wire and cable, electric heat and more.

Meaning of St. Patrick's Day

Who was St Patrick? He was born into a rich family in Northern England or Southern Scotland in about 385AD and was probably called Maewyn Succat. When he was 16 he was kidnapped by raiders who took him to Ireland, and was a slave for six years. It is thought he became a Christian during this time. He escaped to France and studied in a monastery, before returning to Ireland to convert pagans to Christianity. He took the Christian/Roman name of Patricius, which was later known as Patrick. Patrick was appointed second bishop to Ireland, and set up monasteries, churches and schools. His missionary work in Ireland continued for 30 years. He died on March 17 and was made a saint by the local church. The year of his death is contested but it is thought to be around 461AD.



Why do we celebrate St Patrick's Day? Because 17th century scholar Luke Wadding fought for March 17 to become a feast day in honour of the saint.

What's this about him driving the snakes out of Ireland? He is said to have given a sermon so powerful it sent the snakes packing, but that's just a myth or a metaphor. There have been no native snakes in Ireland since the end of the ice age. Snakes could, however, mean pagans or the devil.

Our Social Enterprises

DRAW GIVEAWAY



Cookies
on the Go "Baked Goods
& Gift Baskets"

ST. PATTY'S GIFT BASKET DRAW

Cookies on the Go is giving away a gift basket valued at over \$675 in support of individuals with disAbilities and seniors.

Prize Includes:

- A Gift Basket filled with freshly baked cookies & goodies and
- 2 Club Seats for the March 17th hockey game, Calgary Flames versus Dallas Stars!



VS



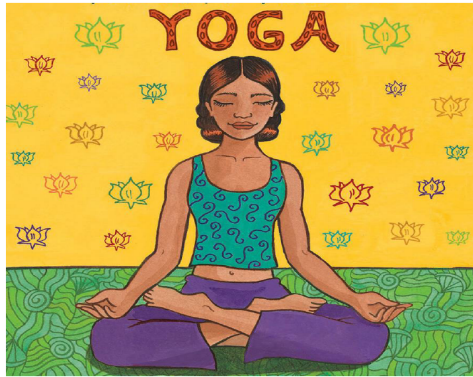
Contest Rules



- 1) Like us on Facebook
- 2) Share us on Facebook
- 3) Tag who you would take to the game

Draw Date: March 14, 2017

Love...Smile...Breathe...Do Yoga



CPLF Adaptive Hatha Yoga

Participants of this warm and inviting gentle yoga class can expect slow-paced stretching, some basic breathing exercises, and a seated meditation at the end. This Hatha class is a good place to work on body alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

When: March 1st to May 10th, 2017
Every Wednesday from 9:45 am – 11:00am

Where: CPLF Training Room – Suite 122, 1935 - 32 Avenue N.E.

Cost: \$80.00 for 10 sessions

Pre-Register: Call Aren at 403-276-1016 ext. 224 or events@cplf.ca.

Bring: Your own personal yoga mat, water bottle, and small towel.

Benefits of Yoga

For Body

- Increased Core Strength
- Lowers Blood Pressure
- Weight Management
- Improved Digestion
- Improved Circulation
- Body Detoxification
- Pain and Tension Relief
- Increased Flexibility
- Improved Posture
- Increased Immunity

For Mind

- Improved Intuition
- Increased Self-Acceptance
- Improved Concentration
- Neutralized Stress
- Improved Memory
- Increases Mental Awareness
- Focus on the Present
- Increased Confidence
- Unlocked Energy Flow
- Balanced Brain Hemispheres

CPLF March Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 -Arts & Crafts -Yoga	2 -Sing Along	3	4
5	6 -Smart Recovery	7	8 -Arts & Crafts -Yoga	9 -Sing Along	10 -CPLF Bingo	11
12	13 -Smart Recovery	14	15 -Arts & Crafts -Yoga	16 -Sing Along	17 -CPLF St. Patrick's Day Dance	18
19	20 -Smart Recovery	21	22 -Arts & Crafts -Yoga	23 -Sing Along	24 -CPLF Bingo	25
26	27 -Smart Recovery	28	29 -Arts & Crafts -Yoga	30 - Sing Along	31 -CPLF Dance	

Sing-A-Long - Every Thursday in the CPLF West Wing, either 11:45am - 12:45pm or 1:15pm - 2:15pm, Fee: \$60.00 /person for 10 weeks. Space is limited, pre-registration is required. Contact events@cplf.ca to register.

Smart Recovery - This self-help group meets every Monday 1:30pm—3pm for persons with intellectual disabilities who struggle with addiction. Pre-registration required at smartskillscalgary@gmail.com or call 403-943-8344.


Arts & Crafts - Every Wednesday in the CPLF West Wing 1pm-2pm, \$2.00 admission.

CPLF St. Patrick's Day Dance – 11am to 2pm at Rotary Challenger (3688 48ave NE). \$6 admission. CPLF individuals only.

CPLF Bingo - 11am-2pm in the West Wing. \$3.00 admission with pop and chips extra. CPLF individuals only.

CPLF Dance – 11am to 2pm at Rotary Challenger (3688 48ave NE). \$6 admission.

Your March Horoscope-for entertainment only

<p>Aries March 21-April 19</p> 	<p>You aren't necessarily somebody who loves-loves-loves to get organized. Your monthly horoscope shows that on the 1st, you are raring to go when it comes to cleaning up your files, alphabetizing your cabinets and color-coding your spice drawer. What's come over you? Why ask? Just go with this let's-get-things-in-order energy and before you know it, you'll be living in a fully-organized environment! And guess what? It makes you feel good! You and your favorite project are in great shape. Finish the evenings off with a kiss and you'll see what it's like when things just can't get much better. Whether you want to or not, the 13th and 14th are days for getting in touch with your emotions. Don't fight it!</p>
<p>Taurus April 20- May 20</p> 	<p>You, Your goals, An obstacle. On the 1st and 2nd, those three things are going to collide. And this is a very good thing, Taurus! In fact, finally facing an obstacle head on could be just what your project needed. Now, it could be on its way to really taking off. And when it does, you'll be right there with it! So, Taurus, stay strong and see it through. Your monthly horoscope forecasts that by the 7th, you really need to reign your spending in. Do it, and you will be in great shape for the terrific days coming your way on the 8th and 9th.</p>
<p>Gemini May 21- June 21</p> 	<p>The Gemini March 2017 monthly horoscope shows that you and your brainwaves are totally on fire the 1st and 2nd. In fact, it's totally fair to say that you and your intellectual side are on very good terms. In fact, you might even say your ideas, right now, are practically genius! That's awesome, Gemini. Take full advantage of this brain-time by getting enough sleep, eating right and exercising. The Your horoscope shows that by the 5th, a misunderstanding could throw a wrench in things. But don't worry, Gemini: this snafu will end up showing you places where you could stand to make improvements, so in the end, everybody wins. Promise!</p>
<p>Cancer June 22-July 22</p> 	<p>Cancer, you are just oh-so intellectual on the 1st. And you are so super smart on the 2nd. You might even be so over-the-top brilliant that other folks have a hard time keeping up with you! It never hurts to repeat what you said in written form, you know. It could really help the rest of the team catch up. Your monthly horoscope forecasts that you need to slow way down, if you want to avoid making a sloppy error on the 7th. By the very emotional (in a good way) 13th and 14th, you and a partner are really ready to bare your souls to each other. Let go of your ego, and the process will be really rewarding.</p>
<p>Leo July 23-August 22</p> 	<p>The Leo March 2017 monthly horoscope forecasts that adaptability is going to be a key survival strategy for you this month. Starting on the 1st and 2nd and continuing all month long, the more you bend, the less you'll break. Go ahead and contort yourself into whatever pretzels you comfortably can manage, and you'll emerge suppler and more successful. By the 7th, you need to learn something new (or you'll get bored). So go out and get learning, Leo! Your innate sensitivity to what's happening around you is going to play a huge role in how you navigate a tricky situation on the 13th and 14th. Pay attention, but don't overreact.</p>
<p>Virgo Aug 23-Sept 22</p> 	<p>Organize, organize, and reorganize. Yep, that's the song the drummer whose beat you're marching to is playing on the 1st and 2nd. You just can't stand the chaos anymore! (Even if, to your coworkers, your workspace looks pretty darned clean). Go ahead and get organized. It will really make you feel better, and that, ultimately, is what it's all about. Your monthly horoscope forecasts that by the 6th and 7th, you need to stop giving so much. You need your time, you need your money, you need your pampering. Your colleagues can just take care of themselves, for once!</p>

Libra

Sept 23-Oct 22



Libra, you are one fun, funny, fantastic bundle of cuteness on the 1st and 2nd. What, you say? You're a hard-hitting professional? You're a loving family member? You're a good friend? Of course you are! You're all those serious things, and you fulfill all your most important duties with panache. But that doesn't mean you aren't a super cutie-patootie, to boot. (You are!). So don't be afraid to giggle, wink and flirt, a little, as the month gets going. You're multifaceted, that way! Relationships, relationships, relationships. Your monthly horoscope forecasts that you're all about them on the 6th and 7th. And they're taking up the bulk of your attention, too. By the slightly-disruptive 13th and 14th, you're really going to get a chance to test your flexibility. You'll be impressed with yourself!

Scorpio

Oct 23-Nov 21



Scorpio, if you find yourself at the paint store picking up a couple of buckets of fuchsia to repaint your living room on the 1st and 2nd, think twice before the cashier rings you up. More importantly, are you sure you aren't just covering something up? Like, say, an emotional change you need to make? A relationship issue you need to deal with? A job switch that's long overdue? Your monthly horoscope forecasts that the 6th and 7th could be a little turbulent, so make sure you're in touch with your emotions. By the oh-so-intuitive 13th and 14th, you just have a hunch about that person/job offer/vacation idea. So go for it, Scorpio.

Sagittarius

Nov 22-Dec 21



The Sagittarius March 2017 monthly horoscope shows that there may be days when you feel like the last thing you want to do is chat. But luckily, the 1st and 2nd are not those kinds of days. And that's a very good thing! Right now, you are in the mood to chit-chat, to have long talks, to check in, to discuss. You want to cover all the angles, and you will find plenty of folks who will want to cover them with you. This month looks to be a veritable flood of thoughts and feelings and your communicative skills will enrich all your many experiences. Which isn't to say there isn't a time for less talk and more action: on the 6th and 7th, you need to get outside and get active! Bring along a buddy (or loved one) for ultimate enjoyment!

Capricorn

Dec 22-Jan 19



The Capricorn March 2017 monthly horoscope forecasts that you might have to be extra careful with your cash on the 1st and 2nd. That's right: make sure you aren't spending more than you can afford. And make sure your jacket pocket doesn't have a hole in it! The March 2017 horoscopes suggest that by the super-creative 3rd and 4th, you're ready to think up a bunch of brilliant new ideas! And don't forget to exercise: the more you move your body, the better you'll feel.

Aquarius

Jan 20-Febr 18



High energy. A great mood. Even more energy. An even better mood. A couple of fabulous coincidences. Some good news. A kiss. A super workout. A great dinner. A promotion? Heck, Aquarius, the 1st and 2nd are such stunningly fabulous days that you don't even need that promotion to keep you feeling great. But if it comes along, you won't say no! March 2017 is looking to be quite a month, so make sure you check in with yourself, every once in a while, to make sure you're really experiencing all this wonderfulness. Go ahead and pinch yourself! This is for real.

Pisces

Feb 19-March 20



According to the Pisces March 2017 monthly horoscope, as the month begins, you've got a lot of great ideas about how to help this person make that professional contact and another person make a romantic connection. You want to introduce another friend to a great new yoga class and a former boss to the ideal future employee. You're a real networker, and on the 1st and 2nd, you should go for it! Sure, not everything will work out. But some of it is bound to! You'll be amply rewarded for all your good works with the wonderful, warm-and-fuzzy feelings coming your way the superbly successful 3rd and 4th.

In the Community

Fifth annual Polar Plunge raises funds for Special Olympics

Hundreds gathered at the frozen edge of Arbour Lake on Saturday to show their support for polar plungers raising funds for Special Olympics Alberta.

Presented by the Law Enforcement Torch Run, the fifth annual Polar Plunge Calgary helps support more than 3,000 Special Olympics

Alberta athletes in the province. The event offers a chance for law enforcement, first responders and ordinary citizens to help fund daily sport programs in more than 140 Alberta communities. Each of the brave plungers raised more than \$75 to dive into the frigid lake, while the crowd of supporters took in some winter festivities around the lake.

Korey Cleland sits on the committee for the Law Enforcement Torch Run in Red Deer and said he hopes to bring a Polar Plunge to that city in the future.

“It was really cold, but it was awesome, we came here to see what it’s like and plunge,” Cleland said of his sub-zero dip. “This just kicks off my long and busy summer of volunteering.”

Amanda Carlson has been participating in the Special Olympics since she was 19 years old, in curling, bowling, skating and swimming events. The first-time plunger, who said she was taking the icy dip in memory of her uncle who died two years ago, had a message for anybody with limitations: Never give up.

“Don’t let anybody stop you, you fight for yourself,” Carlson said. “If you can’t do it and it’s too hard, just don’t give in.”

Martin Tornberg, with Animal and Bylaw Services who took the plunge as part of a team with members of Calgary Community Standards, said he was surprised by how many people came to watch.

“We’ve always supported Special Olympics, and if you can support something and have fun at the same time it’s even better,” Tornberg said.

Members of the Canadian Armed Forces, the Calgary Police Service and Community Standards and other groups took part in the plunge in support of the cause.

Deputy chiefs Sat Parhar, Paul Cook, Bob Ritchie and Ray Robitaille with the Calgary Police Service dove in along with recruit class members.

Alex Singleton of the Calgary Stampeders also came out to take the icy dip.



- Ryan Rumbolt, Calgary Herald Feb. 2017

Salvation Army feed the hungry at annual Family Day dinner

Hundreds of hungry Calgarians enjoyed a free Family Day meal thanks to the Salvation Army.

The annual event at the Salvation Army's Centre of Hope — provided free of charge by the non-profit group — featured a hot turkey meal with all the trimmings.

Karen Livick, executive director for the Salvation Army Community Services Calgary, said the Family Day dinner was started several years ago to help Calgarians feeling the post-holiday blues.

Livick said people can start to feel isolated during the first few months of the new year after the Christmas charity drive season ends.

"We don't like to have lots of numbers but we have seen an increase in demand," Livick said. "It's not the stereotypical low-income families."

Livick said the dinner is usually attended by a mix of seniors, families and the homeless population. But with so many new Canadians arriving in Calgary this year from other Canadian cities or other parts of world, Livick said the Family Day dinner is an opportunity to bring people together in the spirit of community.

Chris Celotto came to the dinner with family to see old friends and enjoy a hot meal.

"We're down here as a big family to try to have a meal and see our friends," Celotto said. "It's very nice for people to put on meals like this . . . I see all these old friends I haven't seen for about 30, 40 years."

Celotto said a good portion of Calgary's homeless community are in their old age and events such as the Family Day dinner give people who are separated from their families a place to go and feel like they are part of the community.

"Some of these people have been down here a lot of years, some of them (are in) old-age homes or are out of the centres and they're with agencies that are looking after people very nicely."

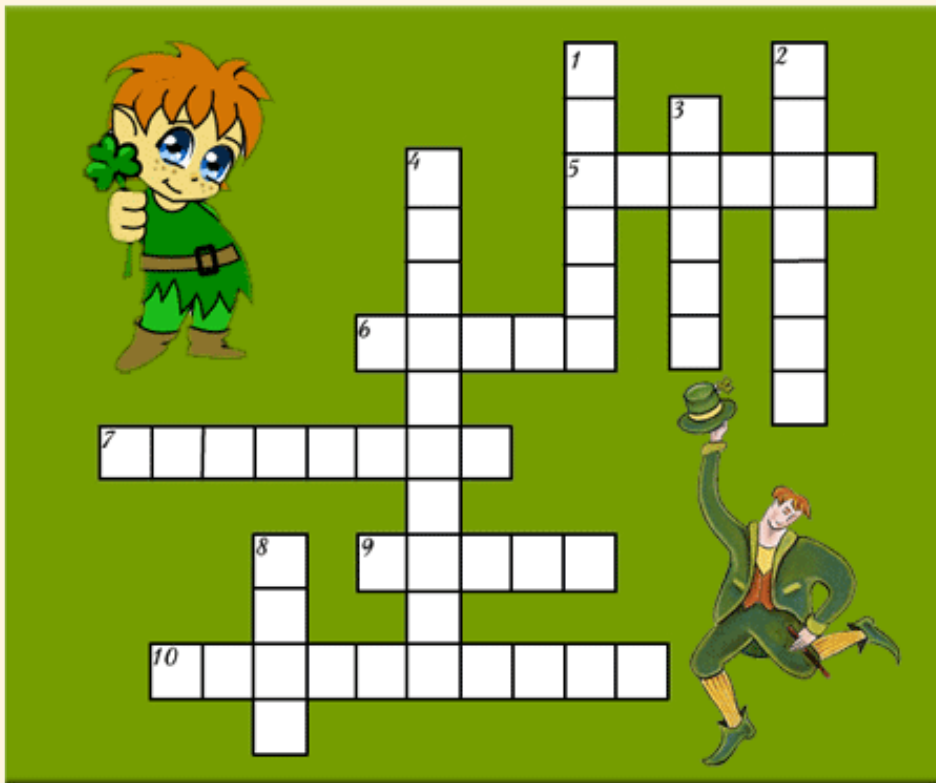
Last year's dinner served more than 600 people, and Livick said she expected even more Calgarians to attend the event this year.

Livick said the Salvation Army is in need of volunteers, and Calgarians who want to get involved can visit www.salvationarmy.com for more information.



Fun & Games

St. Patrick's Day Crossword



©TheHolidaySpot.com

Across

5. St. Patrick's Day is believed to have driven these creatures out of Ireland.
6. This colour is associated with St. Patrick's Day.
7. A three-leaved plant associated with Paddy's Day.
9. St. Patrick, the patron saint of Ireland, was born here.
10. The largest Saint Patrick's Day parade in Britain is held here.

Down

1. The St. Patrick's Day parade was first held here in 1761.
2. Saint Patrick's Day is the national holiday of this country.
3. St. Patrick's Day is celebrated every year on the 17th day of this month.
4. An Irish male fairy said to lead to a pot of gold if chased.
8. A musical instrument used for St. Patrick's Day decorations.

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A big thank you to all our partners and the Calgary and area community for all their support.

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