

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.

May 2017
Issue# 138



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In Our 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 Quest Integrity as this month's winner!



Quest Integrity is a global leader in the development and delivery of asset integrity and reliability management services. Their integrated solutions consist of technology-enabled, advanced inspection and engineering assessment services and products that help organizations in the pipeline, refining, chemical, syngas and power industries improve operational planning, increase profitability, and reduce operational and safety risks. Their professional team is comprised of experienced NDT specialists, reliability engineers, structural integrity and materials specialists, and NDT tools and software development engineers backed by a team of talented and dedicated client support personnel.

To learn more about Quest Integrity, please visit their website www.Questintegrity.com

Victoria Day in 2017

In 2017 the Victoria Day holiday is on Monday, May 22.

Victoria Day is a Canadian statutory holiday celebrated on the Monday preceding May 25 in every province and territory. It honours Queen Victoria's birthday. In Quebec this holiday is called "National Patriotes Day" (Journée nationale des patriotes).

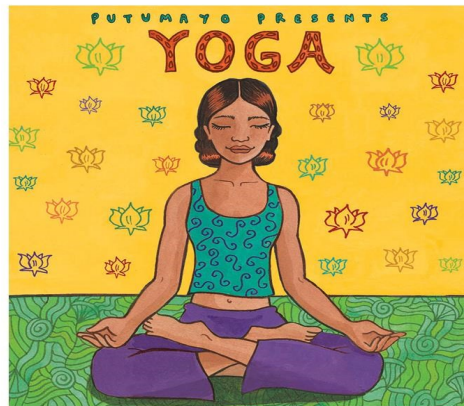


Victoria Day is also commonly referred to as the "May two-four weekend" or the "May long weekend" and it marks the unofficial start of the cottage season where cases of beer* are consumed by hard working Canadians. That's what we heard anyway. Or maybe it's called May two-four because May 24, 1819 is Queen Victoria's birthday :-)

FYI: Prince Edward (1767–1820) after whom PEI was named was Queen Victoria's father.

Victoria Day is a non-statutory "general" holiday in the maritime provinces of New Brunswick, Nova Scotia, PEI and Newfoundland. In Quebec the National Patriots' Day is commemorated on this day.

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: May 17 to July 5, 2017

Every Wednesday from 9:45 am – 11:00am

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

Cost: \$64.00 for 8 sessions

Pre-Register: Call Areen 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	For Mind
Increased Core Strength	Improved Intuition
Lowers Blood Pressure	Increased Self-Acceptance
Weight Management	Improved Concentration
Improved Digestion	Neutralized Stress
Improved Circulation	Improved Memory
Body Detoxification	Increases Mental Awareness
Pain and Tension Relief	Focus on the Present
Increased Flexibility	Increased Confidence
Improved Posture	Unlocked Energy Flow
Increased Immunity	Balanced Brain Hemispheres

In Our Community

A Proud Calgary Progressive Lifestyles Foundation (CPLF)

CPLF is proud to have Jodie Schreiner represent our organization as an independent contractor supporting individuals with disAbilities.

Jodie Schreiner, Premium Account Executive for Calgary Sports and Entertainment together with professional dancer David Joseph delighted the crowd at the 2017 Sheraton Celebrity Dance Off. Proceeds from the event went towards a facility for the Central Alberta Child Advocacy Centre (CACAC) and the Central Alberta Sexual Assault Support Centre (CASASC). Catch Jodie Schreiner and David Joseph tango up the heat at <https://www.todayville.com/reddeer/jodie-schreiner-and-david-joseph-tango-up-the-heat/>

When Jodie is not raising funds in the Sheraton Celebrity Dance Off, she is also volunteering as a coach for the Special Olympics. Check out this excerpt from the Calgary Flames.

FLAMES ANNOUNCE ANNUAL AWARDS

CalgaryFlames.com March 7, 2017

Jodie Schreiner, who has been with the Calgary Sports and Entertainment Customer Service and Sales department for nine years, also received the J.R. McCaig Award. In addition to her exemplary work for CSEC, Schreiner has dedicated countless hours to Special Olympics Calgary, acting as a floor hockey coach for the last 10 years.



Along with personally raising funds for her athletes programs to ensure they have the necessary resources to succeed, she guided her team to Gold at the 2015 Alberta Provincial Winter Games, followed by a Bronze medal at the 2016 National Special Olympics in Corner Brook, Newfoundland. In recognition of her efforts, she was named the 2016 Special Olympics Calgary Female Coach of the Year and Special Olympics Alberta Coach of the Year...

Jodie and others like her are an inspiration for all of us to challenge ourselves and do more for our great community. Way to go Jodie!

CPLF May Event Calendar

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

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

Yoga— Every Wednesday 9:45am-11am at CPLF offices. Register at events@cplf.ca

CPLF BBQ— In the CPLF courtyard (1935 32ave NE) 11am to 2pm. Public Welcome

Your May Horoscope-for entertainment only

Aries March 21-April 19 	Ka-bang! Ka-chow! Kaboom! Wow! You are hitting it big on the 1st. Work, love, life, whatever, you're a winner. A big winner. A cute winner. The kind of winner everybody wants to take out to dinner and smother with kisses. The kind of winner the bosses are fighting to be the first to promote. A winner's winner. Just don't forget to workout in all the excitement! You need to keep your cardiovascular system in good shape, after all. That by the 5th and 6th, you're ready to tell somebody just what you think. Ok,
Taurus April 20- May 20 	Taurus, feel like your heart is pounding and your nerves are taut and you just absolutely positively must get this and this and this and that and that and that done by the end of the day on the 1st, or else? Well, just take a nice deep breath and calm down. Go have a cup of herbal tea. Heck, eat an oatmeal cookie. See? Everything hasn't crashed down around you, has it? No way! See? You don't need the stress. And you'll still get everything done without it. Your innate artistic abilities are really going to propel you into the limelight on the oh-so-successful 2nd and 3rd. By the 7th and 8th, you need to talk about it. Oh my!
Gemini May 21- June 21 	Gemini, need some advice on the 1st? Well, ask around. Ask your colleagues, ask your friends, ask your mentors. Ask your family, ask your neighbor, ask the barista at your local coffee shop. Yep, the answers are all there for you to find, if you just look around for them. Stay open and everything will fall into place by the extremely wonderful 4th, 5th and 6th, when the world is your oyster and you are its biggest, brightest and best pearl.
Cancer June 22-July 22 	Cancer, if you are having a little bit of friction with, say, your boss on the 1st, do your best not to exacerbate the situation by, say, muttering less-than-flattering commentary about their outfit under your breath when they walk by. A better choice would be to smile and do your best to stay out of their way until the storm passes. The Cancer May 2017 monthly horoscope forecasts that by the utterly fantastic 7th and 8th, everything will be different: Your love life rocks, your work life is satisfying and productive. What happened?
Leo July 23-August 22 	You l-o-v-e to l-e-a-r-n. That's right, Leo, you love learning. And you are also a killer spelling bee contestant. So on the 1st, make sure you're learning. Then apply your knowledge. Enter a contest or a competition, and you'll see that it really pays off to have studied all those obscure spelling bee vocabulary words! The Leo May 2017 monthly horoscope forecasts that by the 5th and 6th, you need to team up. So join a softball club or get a colleague to share their know-how (or do both) and you're sure to succeed. The path you've chosen is looking to be a pretty good one on the 9th and 10th. So stick to it!
Virgo Aug 23-Sept 22 	Virgo, don't go wasting your precious energy on a bunch of problems that simply aren't yours, no matter what the people grouching about them say on the 1st. You need your energy for your own spectacular projects. What you come up with now will blow everyone away, later! The Virgo May 2017 monthly horoscope forecasts that by the 5th and 6th, you need to make sure every single little detail is correct, or you could be setting yourself up for problems down the road. Problems are the furthest thing from your mind on the super successful 12th and 13th.

Libra Sept 23-Oct 22 	<p>Libra, if it seems like everything in your life is revolving around relationships on the 1st, that could be because, well, everything in your life is revolving around your relationships. And that is definitely not a bad thing at all! This kind of intense focus is going to really help you clarify a few key things: what you want, why you want it and so forth. The Libra May 2017 monthly horoscope forecasts that you have got some super good energy floating around in your general vicinity on the 5th and 6th, so take advantage of it to really get some great stuff done.</p>
Scorpio Oct 23-Nov 21 	<p>Well, well, well. The first day of the month is a great day to get started on just about anything for you. A new project at work, a new phase in a relationship, a new fitness plan — whatever it is you've been thinking about getting done, now is the time to get going on it. The Scorpio May 2017 monthly horoscope forecasts that you might be tempted to eat a little too much chocolate or indulge in a few too many French fries or maybe stay up just a tad too late on the 5th. Don't.</p>
Sagittarius Nov 22-Dec 21 	<p>Sagittarius, there is nothing you like quite as much as getting outside with a couple of close friends and getting some serious exercise. So on the 1st, whether you decide to skateboard or swim, play basketball or walk on the beach, make sure you make the most of it. And make sure you do with someone (or several someones) you love! The Sagittarius May 2017 monthly horoscope forecasts that the more you think about it, the less clear it may become on the 5th and 6th. But that doesn't mean you shouldn't devote yourself to some serious deep 'what's it all about' type enquiries!</p>
Capricorn Dec 22-Jan 19 	<p>Capricorn, if you feel like you are sick and tired of waiting for that good news to come your way on the 1st, well, the only solution is to simply persevere. If you want this thing badly enough, you'll get it, eventually. The Capricorn May 2017 monthly horoscope forecasts that you and a friend are in total agreement on some things on the 5th, and total disagreement about others on the 6th. Luckily, you have an astounding ability to communicate with one another, so you'll be able to work it all out to your mutual satisfaction.</p>
Aquarius Jan 20-Feb 18 	<p>The Aquarius May 2017 monthly horoscope forecasts that as the month gets going on the 1st, you have a bunch of ideas that are, well, quite frankly way ahead of their time. That's awesome, if you take the time to figure out how you're going to channel all this amazing insight in a way that will make it easier to understand for others (who might not be quite as way ahead of the curve as you are). Put some energy into this and you'll be able to do it, guaranteed.</p>
Pisces Feb 19-March 20 	<p>Pisces, there's a lot going on in your energy spheres on the 1st. Strange dreams and odd encounters could have you feeling a little topsy-turvy. Don't worry about it all too much. After all, it will pass. And before it does, try to enjoy the fun-house mirror aspect of it all. The Pisces May 2017 monthly horoscope forecasts that by the 2nd and 3rd, you'll be in the mood for romance. And you won't be the only one! Watch out, again, for unclear communications and not necessarily great ideas on the 4th, 5th and 6th. Focus on your relationships on the 11th and 12th. Do you need to put your foot down? Then do it, pronto.</p>

In Our Community

Asian Heritage Month

A little known fact is that May is Asian Heritage Month in Canada. It is a time to acknowledge the long and rich history of Asian Canadians and their contributions to Canada. It also provides an opportunity for Canadians across the country to reflect on and celebrate the contributions of

Canadians of Asian heritage to the growth and prosperity of Canada. Canadians are invited to take part in the events that honour the legacy of Canadians of Asian heritage who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation we know today.



Mandin Award

The Mandin Award was established in 1991 in memory of Maurice, Susan, Islay, and Janelle Mandin. Maurice and Susan Mandin were teachers with a sincere interest in children with special needs. Islay and Janelle, their daughters, were students.



The Mandin Award is up to \$800 and is given to assist an Albertan between the ages of 4 to 21 years of age who is living with learning disabilities or Attention Deficit Hyperactivity Disorder. The award may be used to supporting the costs of attending summer camp, social skill development courses, tutoring, technology and assessments. Disbursements of the funds are made directly to the program or service, or to the award recipient upon receipt of an invoice.

Details and Award Applications at: LDAAlberta.ca

Calgary Flames will move without a new arena, says Ken King

Calgary Flames president and CEO Ken King says the team will move if it can't strike a deal for a new arena.

"There would be no threat to move, we would just move, and it would be over.

And I'm trying my level best to make sure that day never comes, frankly,"

King said during an interview on Sportsnet Fan 590 in Toronto on Wednesday.

"If people smarter than us in more powerful positions than ours don't feel that we're a critical piece of the social, economic and cultural part of our city, then who are we to argue with that?"

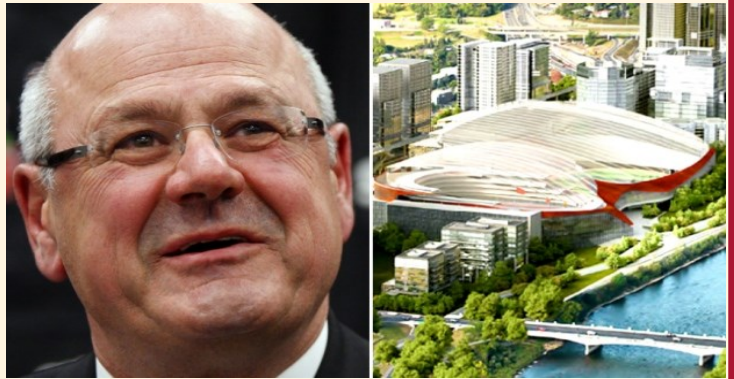
Earlier this week, Mayor Naheed Nenshi said the proposed CalgaryNEXT project in the West Village — which includes an arena, stadium and fieldhouse — is dead. King disagreed, saying the project is "resting." On Saturday, Nenshi said in an emailed statement he is "confident that a new project that has public benefit for public money exists." "And I know both sides are working very hard on that," he said. "The owners of the Calgary Flames have repeatedly assured Calgarians that they would not threaten to move the team, and I assume that they have not shifted from that position. I plan to enjoy the playoff run while letting the conversations continue." Council is looking at the possibility of building a new arena near the Saddledome in Victoria Park, and King said he's happy to participate in that process.

Emotion over economics? Threatening to move the Flames could be an effective tactic to convince Calgarians to part with their tax dollars, according to New York-based author and investment analyst Martin Fridson. "It's emotion overriding the economic aspects of it," he said.

"And that's what they're counting on. So I think it's a highly successful, highly effective tactic."

Fridson, who wrote about sports arenas in his book *Unwarranted Intrusions: The Case Against Government Intervention in the Marketplace*, said it's a poor use of tax dollars, but public opinion can be swayed by the possibility of losing a big league team. "Losing something you already have is more powerful emotionally than not getting something that you didn't have but wanted," Fridson said. "Here's a team, it's built up a following. It's got fans. They're committed to the team. They know all the players names ... and now all of a sudden that's going to disappear. They personally feel diminished by that."

The estimated cost of the CalgaryNext project ranges from \$1.3 billion to \$1.8 billion, including cleanup of the creosote-contaminated land along the Bow River west of downtown.



Fun & Games



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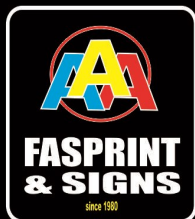
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A big thank you to all our partners and the Calgary and area community for all their support.

Calgary Progressive Lifestyles Foundation (CPLF)

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