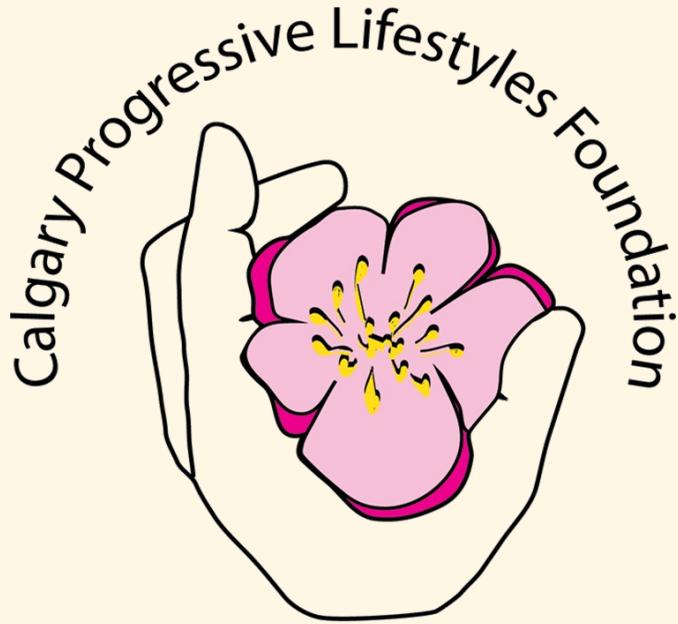


Our Mission: To promote self-sufficiency and quality of life within individuals who have a disability and seniors. This is achieved through Community Presence and Participation, Skill and Image Enhancement, Autonomy and Empowerment.

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

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April 2019
Issue #160



GOOD FRIDAY: APRIL 19, 2019

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In Our Community



The History of the Easter Bunny- The first Easter Bunny legend was documented in the 1500s. By 1680, the first story about a rabbit laying eggs and hiding them in a garden was published. These legends were brought to the United States in the 1700s, when German immigrants settled in Pennsylvania Dutch country, according to the Center for Children's Literature and Culture.

The tradition of making nests for the rabbit to lay its eggs in soon followed. Eventually, nests became decorated baskets and **colorful eggs were swapped for candy, treats and other small gifts.**

So, while you're scarfing down chocolate bunnies (I hear chocolate is good for you!) and marshmallow chicks this Easter Sunday, think fondly of **this holiday's origins and maybe even impress your friends at your local Easter egg hunt.**

In Our Community

Speaking of Easter Egg Hunts!



Calgary Zoo Easter Eggstravaganza:

When: April 19 – 20, 2019

Time: 9 am – 2 pm

Where: Calgary Zoo

Address: 1300 Zoo Road NE, Calgary, AB

Website: www.calgaryzoo.com

Facebook: www.facebook.com

Granary Road:

When: April 5 – April 19, 2019 (Fridays– Sundays)

Time: 9:30 am to 5:30 pm

Where: Granary Road Market

Address: 226066 112th St West MD of Foothills, AB

Phone: 403-453-7623

Website: www.granaryroad.com



Butterfield Acres Easter Hunts:

When: April 13 – 14 & 19 – 20, 2019

Time: 10 am – 3 pm

Where: Butterfield Acres

Address: 254077 Rocky Ridge Road NW, Calgary, AB

Website: www.butterfieldacres.com



Alberta News

Find out how your views compare to party platforms for the 2019 Alberta election @ <http://votecompass.com/>

If you're curious about how your views on campaign issues line up with the platforms of Alberta's



major parties, you're in luck. CBC's Vote Compass is back for the 2019 Alberta election. **The tool is designed by political scientists** and includes questions on a range of issues. Based on your answers, you'll learn how your opinions compare in real-time to the platforms of the Alberta Party, Alberta Liberal Party, Freedom Conservative Party, New Democratic Party and

United Conservative Party.

So before you vote in the provincial election that was called for **April 16, 2019**, here are the answers to some frequently asked questions about Vote Compass:

Q: Does Vote Compass tell me how to vote?

A: Vote Compass is not designed to influence voter behaviour or predict how users intend to vote. It's designed to foster voter engagement and encourage discussion on issues related to the provincial election. All voters decide for themselves which party is most appropriate to represent them based on various criteria — not all of which are included in Vote Compass.

Q: How does Vote Compass determine the positions of the parties?

A: Party responses to each of the questions in Vote Compass are derived through careful research of the party platforms along with consultations between the academic team and the parties themselves.

Q: How does Vote Compass figure out my results?

A: Vote Compass figures out your alignment with the political parties by comparing your responses to the questionnaire with the parties' positions on the same issues.

CPLF April Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 -CPLF Staff Massages	4 -Sing Along	5 - CPLF Dance	6
7	8	9	10 -Arts & Crafts -Entrepreneurial Art	11 -Sing Along	12 -CPLF Bingo	13
14	15	16	17 -Arts & Crafts -Entrepreneurial Art	18 -Sing Along	19 Good Friday	20
21 Easter Sunday	22	23	24 -Arts & Crafts	25 -Sing Along	26 - CPLF Dance	27
28	29	30				

Sing-Along - Every Thursday in the CPLF West Wing, either 11:45am - 12:45pm or 1:15pm-2:15pm, Fee: \$60/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. **Currently not available.**

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

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

CPLF Bingo - 11am-2pm in the West Wing. \$3 admission, with pop and chips extra. CPLF individuals only.

CPLF Staff Massages— In partnership with Cambrooks College, CPLF staff, guardians, and clients are welcome to get a **free** 15 minute chair massage in the CPLF training room located at our offices. First come first serve. 10am-3pm with a lunch break from 12pm-1pm.

Your Monthly Horoscope-for entertainment only

<p>Aries March 21-April 19</p> 	<p>Happy birthday, Aries! So, who are you today and what do you want? Do your actions align with your words? You may not be ready to tell all, but acknowledge the desires and/or fears that motivate you, especially secret ones you rarely admit, even to yourself. Then they need not unconsciously overshadow your perceptions.</p> <p>Standout days: 5, 14, 20 Challenging days: 10, 13, 27</p>
<p>Taurus April 20- May 20</p> 	<p>As the new moon aligns on April 5, take time to be alone, meditate, and integrate what's coming through. You're becoming increasingly aware of subconscious fears and desires. Move beyond superficial aspirations. Clarify your values and you can deepen connections in alignment with a soul truth. Keep sight of a long-term goal and you'll get there one day at a time - with enough time to stop and smell the roses along the way.</p> <p>Standout days: 12, 14, 20 Challenging days: 10, 13, 15</p>
<p>Gemini May 21- June 21</p> 	<p>Jupiter stations retrograde on April 10, and this is a turning point in your relationships, teaching you to receive the love, security, and companionship you desire. If partners seem to be stalling, have faith. Offer others the freedom that you need, too, and you can deepen kinships. This is a chance to explore a connection before you move further in a connection or write something or someone off.</p> <p>Standout days: 7, 10, 17 Challenging days: 2, 11, 27</p>
<p>Cancer June 22-July 22</p> 	<p>Professionally, you're at the top of your game. What you initiate now has every chance of success, so clarify your goals and go for the gold. Some might say your dream is utopian. You needn't be limited by others, but do acknowledge those who have helped you get to where you are. Be creative, imaginative, and respectful, and inspire others with your vision, and you can find the support you need.</p> <p>Standout days: 7, 14, 28 Challenging days: 4, 10, 13</p>
<p>Leo July 23-August 22</p> 	<p>You've been through a lot of changes recently, but in April you're gaining perspective on a situation in which you've felt powerless, allowing you to redirect its course toward a more desired outcome. As the Aries new moon aligns on April 5, you're on a journey, driving you to seek the higher meaning in your life. As the sun enters Taurus the next day, shake-ups in a professional situation suggest an upcoming period and process of restructuring. Trust is freeing you to focus on your highest goals.</p> <p>Standout days: 5, 12, 14 Challenging days: 10, 13, 22</p>
<p>Virgo Aug 23-Sept 22</p> 	<p>On April 5, a new moon in Aries asks for deeper levels of trust and surrender. You can resurrect a situation you'd nearly given up on, but if something seems too good to be true, test the waters. Go beyond surface appearances and fantasies about love, romance, money, and success, and know your bottom line. As Jupiter stations retrograde on the tenth, you're seeing the past in a new light, allowing you to break free of an old pattern.</p> <p>Standout days: 7, 10, 12 Challenging days: 2, 11, 27</p>

<p>Libra Sept 23-Oct 22</p> 	<p>The full moon aligns in Libra on April 19. This is personal and could get emotional. But no matter how urgent something seems, you needn't sacrifice yourself. Take care of your needs first, then you can attend to what or who needs your attention and make balanced choices that work for all you care about. Life is changing and you don't have total control. But you do have control over your emotions and how you respond to life. The peace you seek is within.</p> <p>Standout days: 12, 14, 20 Challenging days: 10, 15, 19</p>
<p>Scorpio Oct 23-Nov 21</p> 	<p>You have the power now to make healthier choices that bring about a total transformation where you need it most. Choose what's life-affirming every day, and consciously cut out habits and addictions that drain you, either emotionally, financially, physically, spiritually or mentally. With awareness, you can heal. You already have the freedom you want emotionally and financially. Free your mind and the rest will follow.</p> <p>Standout days: 5, 14, 20 Challenging days: 13, 24, 27</p>
<p>Sagittarius Nov 22-Dec 21</p> 	<p>Something you've been seeking has been within you or under your feet all along. This is a journey inward into your self. Integrate your lessons, realign with an inner truth and compass and let it guide you. You needn't try to please or impress anyone. Those who love you will love you anyway. It's your ability to live, love, laugh, create, and follow your heart and passion that makes you so attractive.</p> <p>Standout days: 14, 12, 19 Challenging days: 10, 11, 15</p>
<p>Capricorn Dec 22-Jan 19</p> 	<p>You're learning information or having conversations that bring a deeper understanding of a multilayered situation, allowing you to renegotiate arrangements. On an emotional level, you're seeing the past in a new light. With awareness, you can confront and heal subconscious childhood wounds so they don't haunt you or hold you back.</p> <p>Standout days: 7, 12, 4 Challenging days: 10, 13, 24</p>
<p>Aquarius Jan 20-Febr 18</p> 	<p>The present is not the past. Now more than ever, your choices are creating your reality. Become aware of what fears and desires motivate you. Align your words and actions, and you can be a conscious creator of your life. Be honest with yourself and it will be easier to have heartfelt communication and get on the same page with significant others. Hopefully, the reality is finally sinking in — you are safe, free, and exactly where you need to be.</p> <p>Standout days: 7, 12, 22 Challenging days: 10, 13, 29</p>
<p>Pisces Feb 19-March 20</p> 	<p>What is your gift to this world? What do you want to be known for? What will matter at the end of your life? Realign your compass with an inner truth, then the sky's the limit to what you can achieve. You don't have total control, but stay true to your values and you can rebalance the scales of power. For every door that closes, another opens. This is your gateway to freedom.</p> <p>Standout days: 2, 10, 14 Challenging days: 10, 13, 19</p>

CPLF News

CPLF would like to congratulate the 900 athletes and coaches, from across Alberta and N.W.T. who participated in the **2019 Special Olympics Winter Games**. The action-packed weekend was exciting for athletes and fans alike, with spectacular wins and team-spirit showcased at every event. CPLF would like to recognize all our clients who participated! We would also like to share the stories of 2 athletes in particular, who competed hard and took home a medal.



Lee Anne Rea Baker has been an avid 5-pin bowler for over 40 years and has been bowling with her Special Olympics team for decades. Her team took a **gold medal for “High Single”** and Lee Anne bested her personal average of 150. “It makes me proud when my team wins,” said Lee Anne, showing her team-spirit.

Ferris Brewer took home a **gold medal** when she completed the **Alpine skiing** course in 50 seconds. Ferris says she loves skiing because it keeps her in shape and gives her an opportunity to spend time with her teammates, who she considers her friends. After learning she won gold, Ferris said, “I didn’t know I was going to be first. After I got the medal I was crying.” When asked if she plans to compete again next year, she said “I really love it! I’m going to keep on doing it.”



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FUN & GAMES—SUDOKU

	6				
2		1	4		
		2		4	
	1		6		
		5	1		4
				3	

Difficulty Level: Medium

The goal of **Sudoku** is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Don't forget, a move is incorrect if any row contains more than one of the same number from 1 to 9

"There seem to be two main types of people in the world, cross-words and sudokus."

- Rebecca McKinsey

Difficulty Level: Very Hard

				7		2
1				9	7	
2	5		8	6		
		5			9	8
	4					6
6		8			1	
			5	8		9 3
		4	9			1
	3		4			

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