

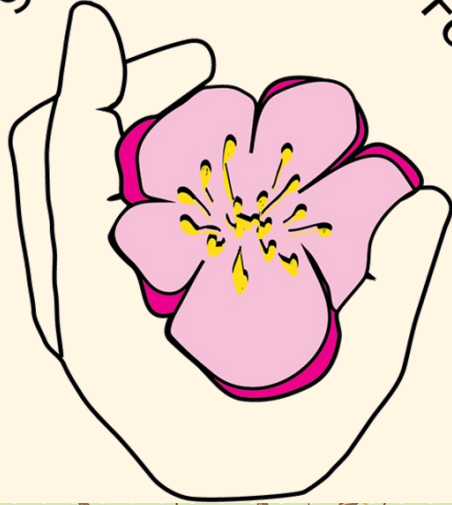
**Our Mission:** To promote self-sufficiency and quality of life within seniors and people with a disAbility. This is achieved through Community Presence and Participation, Skill and Image Enhancement, Autonomy and Empowerment.

**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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May 2019  
Issue #161

Calgary Progressive Lifestyles Foundation



Happy Mother's Day

Sunday, May 12, 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:** May 19 – 20, 2019

**Time:** 9 am – 2 pm

**Where:** Calgary Zoo

**Address:** 1300 Zoo Road NE, Calgary, AB

**Website:** [www.calgaryzoo.com](http://www.calgaryzoo.com)

**Facebook:** [www.facebook.com](http://www.facebook.com)

## Granary Road:

**When:** May 5 – May 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](http://www.granaryroad.com)



## Butterfield Acres Easter Hunts:

**When:** May 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](http://www.butterfieldacres.com)



# Alberta News

## Victoria Day



In 2019 Victoria Day holiday is on Monday, May 20th.

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.

## Cut-price Tesla qualifies for new Canadian EV rebate

The Canadian rebates, which start Wednesday and were announced in the Liberals' latest federal budget, will take up to \$5,000 off the cost of electric vehicles and \$2,500 off plug-in hybrids. The incentive is eligible for base model vehicles that cost up to \$45,000 and higher priced versions up to \$55,000.

Tesla has created a cheaper version of Canada's most popular electric car, the Model 3, with a shorter range of 150 km and priced it at \$44,999 to qualify for the rebate. A Plus Model is also available at \$53,700. Both prices exclude a \$1,300 delivery and inspection fee and vehicle registration fees. A list of the eligible electric cars and plug-in hybrids, including the second- and third-most popular electric cars, the Nissan Leaf and the Chevrolet Bolt, is available on Transport Canada's website.

Electric-car experts say there is no doubt government incentives help drive electric-car purchases, noting when the new conservative government in Ontario killed a \$14,000 rebate last year, electric-car sales in that province plummeted. Road transport accounts for as much as one-fifth of Canada's emissions and the incentives are part of the federal government's strategy to meet its international targets for reducing greenhouse-gas emissions to halt climate change. Business customers receiving the Federal point of sale incentive may not be able to claim the write-down enabled by the 2019 federal budget. Tesla has outlined some of the provincial incentives on its website. In B.C. there is a \$5,000 rebate for vehicles with a base price under \$77,000. The province also offers a \$750 rebate for wall connector installation. In Québec, a rebate of up to \$8,000 is available for vehicles under \$75,000. Up to \$3,000 is available for cars priced between \$75,000 and \$125,000. Quebec also offers up to \$600 in rebate on wall connector installation, reserved lane access and free toll bridges and ferry access.

Other provincial incentives include carpool lane access in B.C. and Ontario.

--- With files from The Canadian Press Published May 1, 2019.

# CPLF May Event Calendar

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

**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](mailto:events@cplf.ca) to register.

**CPLF Public BBQ**— In the Airways building courtyard (1935 32ave NE) 11am-2pm. General Public Welcome.







**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><b>Aries</b> March 21-May 19</p> 	<p>This year you are so much interested in being around people. Being alone this year will not benefit you with anything. Your success will diminish without the help of other people. The Aries personality should, therefore, widen his or her social circle to accommodate as many people as possible. This month you will focus more on your profession and personal life. The family is essential as well, but the above mentioned will take precedent.</p>
<p><b>Taurus</b> May 20- May 20</p> 	<p>This month your family and emotional health will come first. Career will also come into play this month, but it will not overshadow family and personal affairs. The Taurus personality is a loving and charming being who people love associating within all aspects of life. But he or she can be moody at times, and this may lead to endless quarrels and conflicts. You are allowed to be optimistic and imagine the best for your future because with your determination you can achieve anything in this life and beyond.</p>
<p><b>Gemini</b> May 21- June 21</p> 	<p>you are an honest person, and this month you will not hesitate to put your feelings out there. You are ready to correct those who think you are wrong when you are right. The Gemini personality does not have time for fake friends hence the need to reduce his or her social circle. Family this month will be critical for you since they are the only people who understand you better. They know your traits and character well to discern that which make you happy and that which annoys you.</p>
<p><b>Cancer</b> June 22-July 22</p> 	<p>You will need to focus more on your career than anything else. May 2019 will be the month you focus more on a career because as the months progress your interest in career will gradually decrease. The Cancer personality will have to learn how to cooperate and collaborate with others to make it in life. Your social skills need to improve this month for you to attract people in your life that may help you in difficult situations.</p>
<p><b>Leo</b> July 23-August 22</p> 	<p>There is a chance that this month will be more focused on independence other than the dependence on other people for assurance. The Leo personality will try as much as possible to exercise free will in matters that are important to him or her. getting to interact with people is not a priority for you this month hence your social skills will slightly deteriorate. You will exercise patience in everything you do since at the end of it all you will enjoy the benefits of your sweat. The May horoscope 2019 is predicting that family and Leo children will also be on your priority list.</p>
<p><b>Virgo</b> Aug 23-Sept 22</p> 	<p>Most of your decisions will be influenced by the people around you. This is the month that you are expected to expand your social capabilities. Having people around you will not hurt, but it will help improve you in all aspects. The family is important to the Virgo personality. You will put your family first in everything you do because you had them even before friends came along. This is the month that you are expected to make proper decisions in order not to ruin your future. Based on the Virgo 2019 astrology, this month will be filled with love for you. It will also be a month where singles get to meet their romantic matches.</p>

<p><b>Libra</b> Sept 23-Oct 22</p> 	<p>You will strive to increase your social circle since you need people to be successful. You will have to employ your natural talents in everything that you do since they are worth being admired. The Libra zodiac sign is loving, caring and dutiful towards his or her family members. Your traits draw people to you, and you welcome them with open arms. Libra birthday people are likely to show mercy to those who deserve it, and with time they help these people where possible.</p>
<p><b>Scorpio</b> Oct 23-Nov 21</p> 	<p>you will have to make choices that will help you develop positively. There is a high chance that most of those choices will be made this month since most of the stars are aligned to bless you in some of the things that you aspire to indulge in. The Scorpio personality is a wildcat and does not back down quickly. Determination and commitment is your motto. The traits that you possess attract people to you in the most unusual ways that you can ever imagine. You will be able to do things that make you happy and fulfill your every need.</p>
<p><b>Sagittarius</b> Nov 22-Dec 21</p> 	<p>Your focus will be on family, home and psychological health as foretold by the Sagittarius May 2019 horoscope. Career will have to wait in the background until another time. The stars are aligned in such a way that they are moving backward and this is affecting most of your life. The Sagittarius sun sign will enjoy participating in social gatherings and meetings. This month you will put both your interests and that of others first. You will have to be careful when making career decisions since you may end up making the wrong ones.</p>
<p><b>Capricorn</b> Dec 22-Jan 19</p> 	<p>You are a fighter who is not willing to back out no matter what. You love success, and you will achieve it by any means so long as it is not illegal. Your passion for better things and days drives you to reach your potential and appreciate every step that you make in life. The Capricorn zodiac sign is one of the most respected stars in the zodiac. Uprightness and humility make you stand out from the crowd. Confidence emanates from you in every corner of your dealing with people. This month you are more focused on achieving greatness at work and with your health. You are not willing to let anything put you down.</p>
<p><b>Aquarius</b> Jan 20-Febr 18</p> 	<p>Your focus will be on family and your home. Career and other things in your life will have to wait until next month. The beginning of the month will be a rough one for you but at the month progresses everything will improve ultimately. You are allowed to dream about a prosperous future and a successful career in whatever field you deem fit. You should be able to lay down a plan that will enable you to manage your financial accounts so that your spending will not lead you to bankruptcy.</p>
<p><b>Pisces</b> Feb 19-March 20</p> 	<p>Based on the 2019 monthly predictions, you will focus more on yourself than others. You are an independent individual who believes that he or she can do almost everything on his or her own. However, you need to learn that at times you need people to make you feel whole.</p>

## Connect...Experience... Build Relationships...Enjoy Music!



### CPLF Now Offering Music Wellness Group Sessions!

Music Wellness sessions are offered by CPLF's certified Music Therapist that uses music to actively support physical, emotional, cognitive, social, and spiritual needs of individuals. With music, we will explore new ways to connect with ourselves while nurturing positive relationships with others.

### \*\*\* CPLF Unique Group Sessions Available \*\*\*

Digital Music & Composing	Movement & Singing	Chill Music
<p>This is great for those with physical limitations as they touch an ipad for visual and auditory stimulation. Minimal body movement.</p> <p>This group is perfect for those who are creative and like to create music and explore music-based apps.</p> <p>Music is processed widely across the brain in connection to memories, emotions and communication. Developments in brain scanning technology show that making music increases brain activity, creating new pathways across both hemispheres of the brain.</p> <p><b>Bring your own ipad</b></p> <p><b>When:</b> July 8th, 15th, 22nd, 29th and August 12th, 2019 9:30-10:30am</p> <p><b>Where:</b> CPLF Training Room Suite 122, 1935-32 Ave N.E</p> <p><b>Cost:</b> \$100 for 5 sessions per person.</p>	<p>If you prefer a more active music making experience and enjoy singing your favorite songs, then this group is for you!</p> <p>Singing is known to improve self-expression and develop communication skills. While improvisation can facilitate self-awareness and help promote self-regulation.</p> <p>This group will be interactive, and we will also explore social skills in a fun and engaging way.</p> <p><b>When:</b> July 2nd - July 30th, 2019 Tuesdays, 10:30-11:30 am</p> <p><b>Where:</b> CPLF Training Room Suite 122, 1935-32 Ave N.E</p> <p><b>Cost:</b> \$100 for 5 sessions</p>	<p>This group is great for those who prefer receptive techniques like listening to music, mindfulness or exploring music and imagery.</p> <p>Music is known to relax us and decrease anxiety and physical pain.</p> <p>We will explore how music can help alleviate mental, physical and emotional tension. We will explore progressive muscle relaxation while listening to music with a slow tempo and learn breathing techniques.</p> <p><b>When:</b> July 8th, 15th, 22nd, 29th and August 12th, 2019 10:45 - 11:45am</p> <p><b>Where:</b> CPLF Training Room Suite 122, 1935 32 Ave N.E</p> <p><b>Cost:</b> \$100 for 5 sessions per person.</p>

**REGISTER BY FRIDAY JUNE 6th, 2019!**

**Space is limited to 6 people per group.**

**Call May at 403-276-1016 ext. 224 or [events@cplf.ca](mailto:events@cplf.ca).**

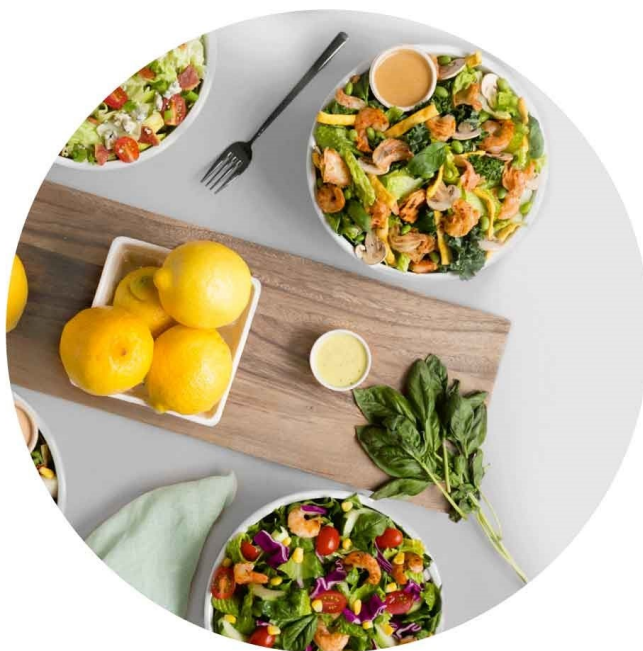
### Benefits of CPLF Music Wellness Group Sessions

◊ Manage stress	◊ Enhance cognitive functioning	◊ Enhance memory	◊ Spiritual Wellness
◊ Alleviate pain	◊ Improve communication skills	◊ Self-expression and regulation	◊ Self-Awareness
◊ Express feelings	◊ Promote physical rehabilitation	◊ Networking	◊ Socialization



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# FUN & GAMES—SUDOKU

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

Difficulty Level: Hard

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

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

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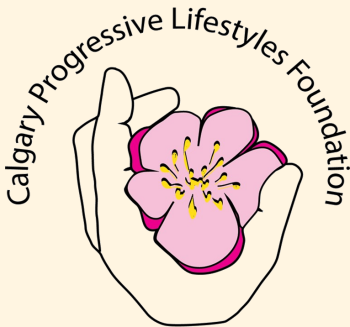
For advertising inquires, please contact [editor@cplf.ca](mailto:editor@cplf.ca)

# Our Community Partners



A big thank you to our Community Partners and our community for all your support.

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