

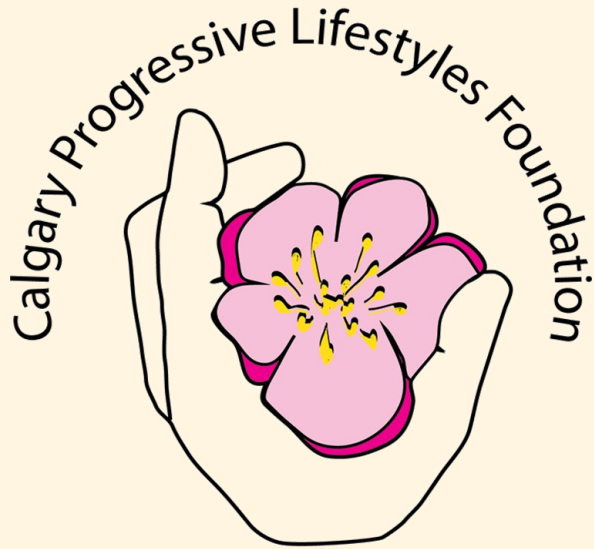
January 2020 CPLF Community Newsletter

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.

140,1935 32 Avenue NE, Calgary, Alberta
Charitable No. 140844846RR0001

January 2020
Issue #169



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Community News

Calgary Recreation Winter 2020 Program Schedule

It's important during the cold, dark months of winter that you're getting in exercise and staying in shape. The City of Calgary has released their latest activity and program calendar. They have a wide range of activities available to the various facilities across the city that will help you find something you love. Go online to find the latest program information and register to participate.

liveandplay.calgary.ca

Wheelchair Accessible Vehicle (WAV) Calgary

Wheelchair Accessible Vehicle Calgary (WAV Calgary) is a central dispatch service for all wheelchair accessible taxis operating in Calgary. This is an on-demand service, priced at regular taxi metered rates.

The City is introducing this service as a two-year pilot, from December 2019 to December 2021, with the intention of continuing the service permanently following the pilot.

Who the service is designed for

Wheelchair Accessible Vehicle Calgary is for people who use wheelchairs or mobility scooters, either on a long-term or short-term basis.

How the service works

Book your taxi trip using the smart phone app, website or phone. To book by phone, you call Wheelchair Accessible Vehicle Calgary (403-974-1110) and the closest available taxi will be dispatched to anywhere in Calgary and give you the approximate wait time. There is no pre-registration required for this on-demand service. At this time, you cannot book a rideshare vehicle using this service.

Pricing

The amount charged to customers is the metered rate.

calgary.ca

CPLF January 2020 Event Calendar

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

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.







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 to 2pm at Field House at the Rotary Challenger Park (3688 48ave NE). \$5 admission.

CPLF & Friends Chair 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

<p>Aries March 21-May 19</p> 	<p>Communication is pivotal now. A relationship in your life, perhaps a romantic one, needs some time and attention. Make sure you are a good listener when working to get issues resolved. Co-workers offer praise for your talents on the job and a recent evaluation comes back with flying colors. Enjoy the raise or power you are offered. Use any additional funds you have to pay off a debt or deal with a repair that is sorely needed. A short trip, perhaps with a sibling or cousin, would be rejuvenating now.</p>
<p>Taurus May 20- May 20</p> 	<p>Travel is a possibility this week. It would be an ideal way to connect with new spiritual insights or career opportunities. A teacher or mentor may need or offer assistance now. In monetary matters, try and strike a balance between spending and earnings. Be careful with belongings in order to avoid loss or theft. Speak up and give voice to some idea that is on your mind. Enrolling in higher education would put you at a career advantage now. While doing all this looking forward, make sure you also check in at home and attend fully to domestic matters.</p>
<p>Gemini May 21- June 21</p> 	<p>A recent setback or sorrow has dealt a blow to your sense of self worth. Try some little changes to bolster your ego, perhaps a new hair style or an updated wardrobe. Make health and well-being a priority now. Make appointments to address any health concerns on your mind. A sudden windfall of cash could be headed your way. Use it wisely, paying off debts or saving for a rainy day. Avoid vices and instead savor some simple pleasures with friends and family. This is an ideal moment for a new beginning, to leave behind part of your personal history that is distressing you and move ahead in a positive direction.</p>
<p>Cancer June 22-July 22</p> 	<p>An important decision is necessary right now, perhaps one related to your physical or emotional health. Some weighty matter needs to be resolved. Avoid destructive ways of dealing with stress and instead turn to spiritual insights or guidance offered by elders. A recent purchase may result in you worrying over money. Try a change of scenery to improve your mood. Time alone may be in order now. First, have a needed heart to heart with your spouse or significant other. Dwell less on the past and give more thought on your path forward.</p>
<p>Leo July 23-Sept 22</p> 	<p>This is a time of monetary gain for you. It would be wise to use that windfall to pay off some debts that are on your mind. Make the most of new and existing relationships and do some networking to further your professional goals. Don't give in to worries about competition or enemies in the workplace. Instead, surround yourself with the many people drawn to your charisma. Take care while travelling to avoid theft or accidents. Keep in mind all those that depend on you. Stick to your daily routine and continue working hard. Success will soon be yours.</p>
<p>Virgo Aug 23-Sept 22</p> 	<p>Look for a creative solution to a relationship issue you are facing. Some additional TLC might address a romantic complication or it may be time to move on and let go. Follow your gut as you make your decision. In the workplace, your talents and leadership qualities have earned recognition. Enjoy the much deserved praise. A raise or promotion may also be headed your way. Family members of different generations--both children and elders--may look to you for assistance now. Use your creativity to find a worthwhile solution. Celebrate your recent successes with someone special.</p>

<p>Libra Sept 23-Oct 22</p> 	<p>This is an auspicious moment for travel. Plan a journey abroad to somewhere you've been dying to see. This experience would broaden your worldview and allow you to reconnect with a parent or mentor. Be careful about your health right now, adjusting your diet as needed. Prioritize domestic well-being and time with family. A restriction in your life may prompt a change in professional direction. A career transformation may already be underway. Invest in the skills or additionally training to make sure you are well prepared for this new opportunity.</p>
<p>Scorpio Oct 23-Nov 21</p> 	<p>Illness or loss may make you see life differently now. Tend to your health, both physical and emotional. Communicate with others about the anxiety you are experiencing. A short journey may offer new insight. Avoid vices which would only drain you further and instead look to the arts or the company of loved ones for reprieve. This is an ideal time to get in touch with your spiritual side as you look for answers. If feeling powerless, look for ways you can help a relative or neighbor who would appreciate your assistance right now.</p>
<p>Sagittarius Nov 22-Dec 21</p> 	<p>Family takes top priority this week. A sibling in need may look to you for support or advice. Legal agreements and formal decisions need your attention. Offer assistance to colleagues and neighbors. Complications may arise with travel plans. Be ready for possible cancellations or delays. Irresponsible spending could lead to a financial setback so don't give in to the temptation to purchase jewelry or other pricey items. You may find yourself propelled into a new environment. Work to get acclimated with your surroundings. Identify competition and potential adversaries.</p>
<p>Capricorn Dec 22-Jan 19</p> 	<p>A monetary loss may have you down right now. Continue to work hard and your labors will be recognized soon. Take extra care to avoid accidents now. Be attention to your health and to bodil wellness. A negotiation or litigation may be in the works this week. Use this opportunity to assess your own strengths and weakness. A slight change in your appearance, maybe a new hairstyle, could give your self worth a boost. Tend to all those dependent on you--children, pets, tenants. Steer clear of gossip or being drawn into unnecessary competition. Your happiness will outweigh your enemies' negativity.</p>
<p>Aquarius Jan 20-Febr 18</p> 	<p>You are drawn to spiritual matters now, seeking to get in touch with something mystical that will lead you to a positive change. Leisure activities may lead you to hedonistic pleasures that could impact your health or relationships. A father figure may need or offer assistance now. Trust you gut as you weigh a risky decision. Some connection may be ending for you now, perhaps even suddenly. While this may be a cause for temporary sorry, rest assured that new opportunities await you. Your creativity will make surprising and interesting things happen!</p>
<p>Pisces Feb 19-March 20</p> 	<p>Domestic issues need your attention now, as a parent or parental figure may be facing difficult. Take time away from other responsabilites to sure up peace at home. A trip or a class you were enrolled in may have to be put on hold. This is a time of good fortune and perhaps the right moment for a purchase of real estate. Do some networking and connect with people in a new club or group. You can safely rely on your charm to get the attention of new contacts. You have more well wishers that you might even realize.</p>

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