February 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

February 2020
Issue #175

Calgary Progressive Lifestyles Foundation

February 17, 2020

Visit our social enterprise!

Lifestyles bistro
community · food · people

Art Entrepreneurs

Make some art, sell some art!

Learn techniques and skills, and make several different pieces of art. Afterwards they'll be hung up for sale in our offices and the Lifestyles Bistro. Artists will get to keep all the money minus a small fee!

Course includes art supplies, use of our art studio, an art facilitator for support, and artwork displayed for sale for at least six months. Only six slots are available—register now!

WHEN
Wednesdays,
10:30am-12pm

Feb 26 to Apr 1, 2020
(six sessions)

WHERE
Social Room,
CPLF Building

COST
$30

TO REGISTER:
events@cplf.ca (403) 276-1016

Calgary Progressive Lifestyles Foundation

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CPLF February 2020 Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Arts & Crafts	6 Sing Along	7	8
9	10	11	12 Arts & Crafts	13 Sing Along	14 CPLF Dance	15
16	17 Family Day: CPLF Offices Closed	18	19 Arts & Crafts	20 Sing Along	21 CPLF Bingo	22
23	24	25	26 Arts & Crafts Art Entrepreneurs	27 Sing Along	28 CPLF Dance	29

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.

Art Entrepreneurs – 10:30am to 12pm in the CPLF Social Room. $30 Registration required.

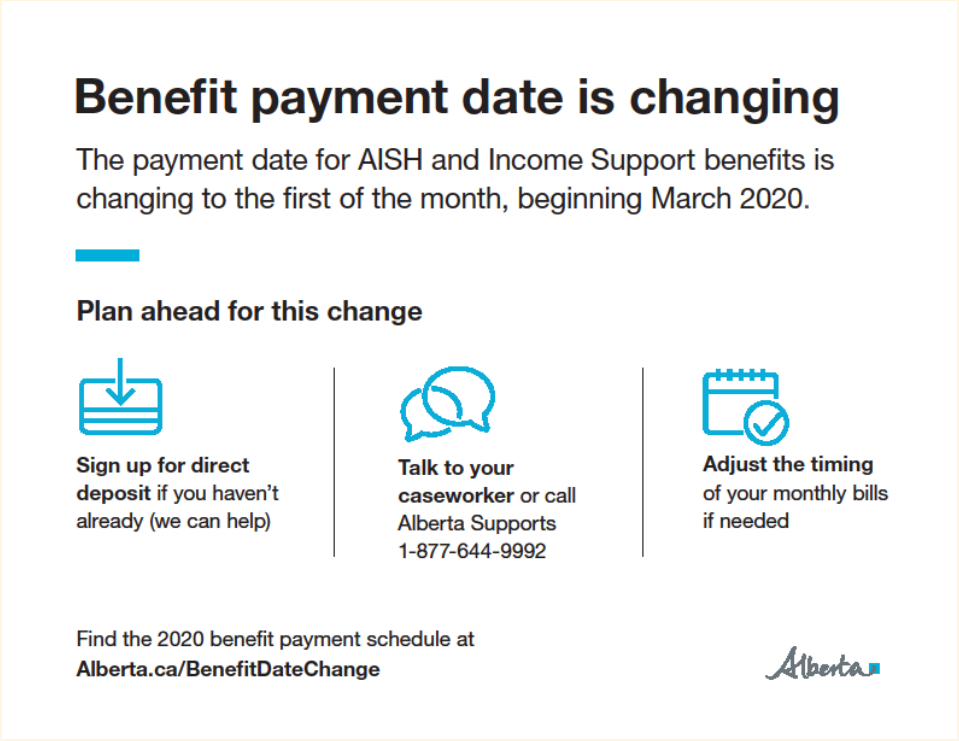
CPLF & Friends Chair Massages— Please note that this event has been cancelled until further notice. We'd like to thank the Cambrooks College for all their hard work!

Your Monthly Horoscope

Aries March 21-May 19 	Widening the vistas of your very existence is what this month makes you do. You still extend warmth and friendship, as well as cooperation at work. All the trends which started last month will now gain momentum, focus and direction. You reach out to people in a rare show of warmth, connubial bliss and friendship. This is a rather happy, goal-oriented month. A lively agenda is promised, you're attracting quite a bit of interest, and your energy for making contact with others is high. This is a time to follow your dreams and ideals, and to plant a seed in the form of a wish for the future.
Taurus May 20- May 20 	Recognition, rewards, greater power and prestige, even your assets, property, belongings are enhanced greatly. The time is being truly generous, and you deserve it. Your vision is practical right now, and you want to see tangible results for your efforts. More contact with authority figures is likely during this period. Recognition is likely to come your way whether you ask for it or not, and the responsibility that comes right along with it! Do what you feel is right, keeping in mind that you are at your most visible during this month in the year.
Gemini May 21- June 21 	Long-distance and foreign connections, exchange and trade will be favored. You'll travel a fair amount and may strike up a chance acquaintance who shares your views, ideals and ideas. Also, you deal with a kind of weariness, even disillusionment, that sets in. A month of exaltation, true spirituality, intellectual and moral growth a truly cosmic gift comes to you. The preceding month had lots of highs and lows for you to reckon with. This month reorients you to your lasting values, and greater idealism is the result, in conjunction with heightened consciousness and conscience, that come hand in hand with true and sincere spirituality and faith.
Cancer June 22-July 22 	Once again, you'll have to focus your attention on money matters (legacies, trusts, loans or fund-raising) even though there may still be some health problems nagging at you. Pending matters may come to an end; there could be a death, a legacy causing you sorrow and joy/relief at the same time. Clearing out psychic "junk" or ridding yourself of bad habits may be part of the picture now. You are more willing than usual to explore life's secrets. This is an especially introspective month during which you have the chance to truly uncover your personal strengths and talents.
Leo July 23-Sept 22 	Now the focus shifts on people and relationships, ranging from personal to platonic to just professional. You will realize that to help you achieve success your people skills need to be honed. You will need to be sharp-witted and alert in order to identify potential (or even actual) threats to your welfare/progress. It may not happen but it is good to be prepared. In spite of all this, this month brings you caring and sharing, that is, fine companionship, close ties with loved ones and an overall feeling of both togetherness and contentment. The emphasis is on "us" rather than "me".
Virgo Aug 23-Sept 22 	You may be making changes in your job/profession, in your relationships with colleagues and co-workers, health and diet. There may be some mental strain, or perhaps financial difficulties, particularly relating to held-up payments that are still pending, salaries, servants, health and employee benefits or perhaps a bad debt and/or a check. Willingness to help and serve will pay dividends, both materially and in terms of a "feel-good" factor. Just go ahead and do whatever needs to be done. This phase presents an opportunity to get rid of what doesn't work in your life, while also discovering what does.

Libra Sept 23-Oct 22 	This is a very playful period of the year, when you are inspired creatively and emotionally. After a period of self-protectiveness, you are now more spontaneous and more willing to take risks. A rich, fruitful and happy phase comes to you and you're enjoying it. The spice of life is there for you in the variety of interests, activities, and feelings that you are bound to experience this month. Don't fly too high or too far — risky moves, rashness, over-confidence that nothing can go wrong or just foolhardy behavior. Some danger or possible mishap may be lurking. Risk-taking, speculation must be avoided.
Scorpio Oct 23-Nov 21 	House or office may require renovation, refurbishing or expansion. Perhaps even a shift for either the office home factory/workplace. You want working conditions that satisfy you in every way, physically, technically and in the prevailing atmosphere and will take pains to achieve just that. You may also decide to invest in labor-saving devices/ gadgets to streamline your efficiency both at home and in the office. At the same time, there is a desire to retrace your roots and origins, to go back in time. This is a time to do what you can to build trust in your family life and a strong foundation within yourself.
Sagittarius Nov 22-Dec 21 	You still need to learn to relate better with others, but now it's more on the intimate and personal level ??" the exchange of ideas, innermost thoughts, personal beliefs rather than the emotions. Family ties, linkages of loving and caring now become sharing. Vital correspondence and contacts must not be neglected, or the necessary inputs, data and information for work-related projects, plans or activities. No carelessness of any kind to be made if you want to achieve your goals. You are more curious and alert than usual, and you could be quite busy with errands, paperwork, and light socializing.
Capricorn Dec 22-Jan 19 	A time when you will truly need to "walk the talk", stand by your beliefs and convictions. You will have a lot on your plate and most of it will pertain to money both for immediate needs and future gains. Financial matters become important or at least the main focus, but good moves have to be thought out. Property and possessions, rentals, funds, investments, and even cash transactions. There may be profits or income from property, land and real estate. Don't try for fast cash or the quick buck. That doesn't last and can give you a sense of false security. In fact, you might just be barking up the wrong tree in terms of career or personal gains through sheer pride or ego.
Aquarius Jan 20-Febr 18 	It might be a good time to make a thorough scrutiny of the real you, an honest assessment of your face, figure, health and assets and seek to implement a make-over where necessary. The truly intimate and personal you, needs to be examined minutely and where there is room for improvement, positive action be taken. You'll need to establish good working relationships with colleagues, subordinates and bosses as well. It's NOT a time to challenge the system! Stress and neglect both need to be guarded against too. A time for introspective self-assessment with a degree of honesty and objectivity.
Pisces Feb 19-March 20 	You will have a sense of awareness of your own limitations this month, leading up to your birthday phase, be they physical, emotional or even financial, as well as a sense of being confined and restricted. There could be some rivalry, hard feelings generated that could trigger off either of these reactions. NOT a time to go overboard, in terms of self-pity, to see troubles where none exist, or attempt to solve the world's problems. It might be a good idea to maintain a low profile and be less vocal. A time to make special efforts to get along with others both professionally and personally.

Important AISH Notice



Family Day Activities

GLOW Winter Light Festival

Embrace winter and get outdoors with GLOW. Enjoy quality time with loved ones in the crisp February night, and stay warm with delicious food, cozy drinks, and fun activities for all ages.

Date & Time: Feb 14-15 from 4-10pm, Feb 16 from 4-7pm.
Cost: FREE
Location: Downtown Calgary – Installations at Various places

glowyyc.com/

Winter Family Fest

Live DJ, fire pits, snow shoe rentals and much more creative activities will ensure to keep all members of the family outdoors and active this Family Day weekend.

Date & Time: February 16, 2020, 1 – 3:30 p.m.
Location: South Glenmore Park, 8415 24 St SW, Calgary, AB
Cost: FREE

todocanada.ca/city/calgary/event/winter-family-fest/

Funderful Family Day Celebration

A free Family Skate, Arts & crafts, Glamorgan Bakery Cookie decorating station, and a ton more! All of the #ShineFamily celebrating Family Day together.

Date & Time: Feb 17 at 10 am
Cost: FREE
Location: Trico Centre for Family Wellness, 11150 Bonaventure Drive SE

https://bit.ly/30Zbqt4

Our Classifieds Promote Community Building

For advertising inquires, please contact editor@cplf.ca

Our Community Partners

A big thank you for all your support!

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