



Calgary Progressive
Lifestyles Foundation

The Insider

CPLF NEWSLETTER

NOVEMBER 2022



Remembrance Day

Take a moment of silence on the 11th to honour armed forces members who served their country & died in the line of duty.



Covid Update

CPLF is strongly encouraging everyone to get their boosters every 9 months. Together, we're staying safe from the virus!

November Dates

Remembrance Day - Nov 11

Admin offices closed & No Client Day Programs
(unless pre-approved by Case Management)

[View Full Calendar](#)

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	Admin Office Closure & No Day Programs 11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Events & Updates



International Day of Persons with Disabilities

You are invited to join IDPD Calgary to celebrate this special day on December 2 from 11 am - 2 pm! Come on down to the City Hall Atrium in YYC to see lots of vendors and hang out with the community. To learn more, please visit the link below.

[Learn More](#)

Register for an Art Table or Vendor Table

In preparation for the event, IDPD has also opened up their online vendor and artist registration. Join by registering below:

[Art Table Registration](#)

[Vendor Table Registration](#)





Indigenous Disability Awareness Month

This month (IDAM) brings awareness of barriers and the issues that Indigenous peoples living with disabilities and their families face every day.

[Learn More](#)

It's Movember!

This month, take pride in growing your moustache to raise awareness of men's health issues such as prostate and testicular cancer, and men's suicide.

[Learn More](#)

Guessing Game What am I?

1. I grow on trees
2. I am red or green
3. I am crunchy

answer: I am an apple

**When everyone else says you can't,
determination says: Yes you can.**

• ROBERT M. HENSEL

Calgary Events

[Learn More](#)

Giants of Our Solar System Nov 20 - Nov 21

Discover the marvels of our cosmic backyard through the eyes of a robotic spacecraft.

Glow Calgary Nov 25 - Dec 31

Introducing a brand new Christmas Festival—a unique experience here in Calgary!





Become a CPLF Brand Ambassador!

CPLF is proudly announcing our new Brand Ambassador program. Do you want to be part of our marketing initiatives by promoting CPLF's services?

Sign-up by clicking the button below to email the editor and become a Brand Ambassador! We will give you a CPLF branded lanyard to wear at our future events! This lanyard lets us know that you consent to have amazing photos taken of you that will be posted on the CPLF website and other marketing materials.

[Sign Up](#)

November 2022

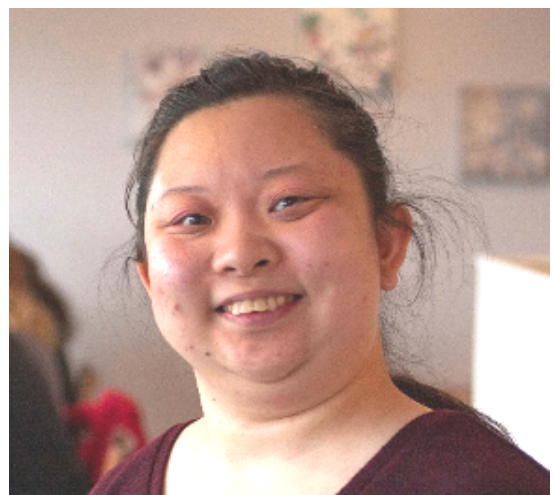
Advocate's Corner



Meet Felicity

Between her lovely smile, positive attitude, and outgoing personality, Felicity is proud to be an advocate with Autism Calgary and enjoys exploring public events around the city. At home she bakes and watches TV with her family, and on her own likes reading and listening to music.

The first thing you'll notice about Felicity is that she's absolutely fearless when it comes to meeting new people. It's a skill that's served her very well, as she's passionate about representing and advocating for individuals with all sorts of disAbilities. She even worked with Calgary MP Kent Hehr as a representative of Autism Calgary, writing and delivering her own speech. Her desire to help people and contribute to the community doesn't stop there; she's a family activity volunteer Autism Calgary, regularly lends a hand at the Women's Center, and has helped out at the Aerospace Museum.



In Her Spare Time

Although she was born in China, she has grown up in Calgary and loves her city. You'll be hard pressed to find anyone else who's more up to date on local events; from aboriginal festivals to public emergency service community events and culinary festivals, Felicity loves to spend hours in the library researching new things to experience.



Family is Important

She spends most weekends sharing quality time with her family. Sometimes they'll go tubing at Winsport or chase down one of the events Felicity found during her research. On a quiet day at home, though, she loves cooking with her mom. Pork adobo (Pilipino fried pork ribs) or lasagna are her favourite dishes, and for dessert they'll bake some chocolate chip cookies, carrot cake, or banana bread. Then to unwind she'll watch some comedy, history, or a Chinese drama show on TV with her dad and brother.

During the week, she's often busy with some self-improvement courses, such as Adult Social Knowledge and Speak Up (for self-advocacy). She's a very self-directed person that wants to grow, and will spend her evenings listening to Pink Floyd or One Direction while figuring out her next big plan. She'd like to become a library assistant to fuel her passion for information and learning, or a dietician for her love of cooking and food. But no matter what she chooses, her positive outlook and sweet smile will serve her well on her journey to become, as she puts it, "Awesome, not perfect."

Thank You for Supporting CPLF!

CPLF Sponsors and Classifieds are very important to us as they help support our mission and bring our vision to life. Together we are lifting the disAbility community up to create an inclusive space for everyone! If you are interested in Cause Marketing and reaching over 1700 loyal subscribers, we would be happy to hear from you.

Please email editor@cplf.ca

Our Sponsor

Thank you to Canyon Plumbing & Heating for sponsoring CPLF and supporting the disAbility community. Visit their website to consider all your accessible plumbing needs.


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Our Classified

Thank you to Sam Withey for supporting CPLF and the disAbility community.



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