



Calgary Progressive  
Lifestyles Foundation

JUNE 2023

# The Insider



June 2023

## Happy Father's Day!

Welcome to the June edition of the CPLF newsletter. It's finally summer and everything is in full bloom. We're excited to be celebrating fathers around the world on the 18th of this month! Enjoy the new season and all that it has to offer.

# June Events Calendar

Visit CPLF's [Event page](#) or contact [events@cplf.ca](mailto:events@cplf.ca) for more information.

**Father's Day: June 18**

**National Indigenous People's Day: June 21**

**Bumble Bee Craftic: Monday's at 1:00 pm**

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	Bumble Bee Craftic @1pm	6	7	8	9	10
11	Bumble Bee Craftic @1pm	13	14	15	16	17
Father's Day	Bumble Bee Craftic @1pm	20	National Indigenous People's Day	22	23	24
25	Bumble Bee Craftic @1pm	27	28	29	30	Canada Day
						1



# Hydroponics Gardening

CPLF is looking for supported individuals who are interested in hydroponic gardening this summer! Learn how to grow food in water without the mess of soil and bugs. The produce from the garden will be utilized in an upcoming healthy cooking class designed for people with disAbilities. The hydroponics garden is located in the CPLF parking lot, located at 1935 32 Avenue NE.

Contact [events@cplf.ca](mailto:events@cplf.ca) if you are interested, we'd love to hear from you!



# CPLF Barbecue

CPLF staff, clients, and guardians are welcome to join us in the CPLF Courtyard for our Barbecue lunch! Enjoy a day of music, dancing, and food all for free. We are so excited to see you there!



**Friday, June 23**

**10:00 am - 2:00 pm**

**CPLF Courtyard | Suite 140 1935 32 Ave NE**



# disABILITY Day

June 10, 2023

10:00 am - 3:00 pm

Being Together

Food

Guest Speakers

Entertainment

Vendors

**Disability Day - celebrating different abilities & focusing on resources, education and services.**

**Bearspaw Lifestyle Centre  
253220 Bearspaw Road**

# Special Awareness Days



## ALS Awareness Month

June is recognized as ALS Awareness Month, with the goal of raising awareness about Amyotrophic Lateral Sclerosis (ALS) or Lou Gehrig's disease, a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

## National Indigenous People's Day

June 21 celebrates honouring the rich cultures, traditions, and contributions of Indigenous communities across the country. We are embracing the diverse heritage and histories of Indigenous peoples while fostering greater understanding and appreciation for their enduring legacies.



### JOKE OF THE MONTH

**Why do seagulls  
fly over the sea?**

**If they flew over the bay,  
they'd be bagels!**





## Thank You Noretas Decor

Noretas Decor, founded some 20+ years ago by Shahbaz Qaiser and Arlene Chavez who have been long standing staff of CPLF. Noretas Decor and Arlene have supported CPLF parties and events through the years by both decorating the halls and providing Christmas door prizes of beautiful wreaths and other holiday decorations. We are very appreciative of the support they have provided.

Noretas Decor specializes in event and wedding decor. For those who are looking to make their event extra special, CPLF highly recommends this great decor company!

[Noretas Decor Website](#)



# Air Quality Advisory

With Calgary and area recently experiencing poor air quality due to wildfires, CPLF would like to bring to everyone's attention some best practices to protect yourself and pets. If you would like to learn what you can do to keep your indoor air clean, visit the MyAlberta link below.

[MyAlberta Air Quality Info](#)





# Calgary Events

Looking for something to do in June? Here are a couple events we found around Calgary. Enjoy the summer friends!

## Father's Day Brunch

June 18

Show Dad how much you love and appreciate him with a trip to Gasoline Alley Museum for Father's Day Brunch!

## Mexifest

June 30 - July 2

Enjoy a family-oriented, multicultural arts and entertainment festival highlighting Mexican Culture! Mexifest promotes cross-cultural experiences and introduces Calgary to the finer aspects of contemporary and traditional Mexican culture.

[More Events](#)

## Inspiration & Designer Style

[Get a Quote](#)



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## Review Us on Google!



Hey friends, feel free to give CPLF a rating and review on Google. We'd love to hear what you have to say and it's fast to do! Click the link below to share your thoughts.

[Write Your Google Review](#)



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[Learn more](#)



[Apply Today](#)

# CPLF Now Hiring

## Casual Complex Needs Support Workers

CPLF is currently seeking Casual Complex Needs Support Workers to work with Complex Needs clients. Complex Needs clients will have more than 1 disability.

### Requirements

- Resume
- Work Application link (if not currently employed at CPLF)
- 3 References – 2 Work related and 1 Character
- Police Clearance with Vulnerable Persons Check and/or Child Welfare Check (within the last two years)

### Benefits

- Staff will have the support of our Complex Needs Coordinator, Case Manager, and Support Staff.
- Employees will receive in-house training.
- Casual staff may be transitioned into permanent positions.

**Job Type:** Casual

**Salary:** Ranges from \$19.58 - \$24.20 / hour or as per client’s unique budget.

Teaching people how to grow so they can grow and teach others.

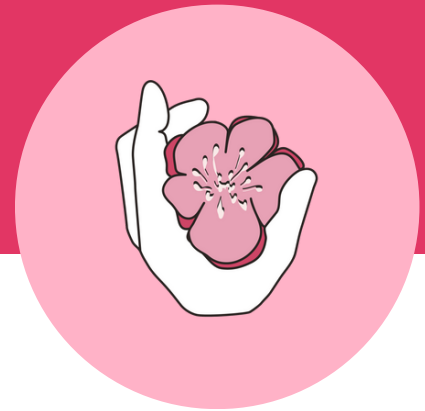


[Learn more](#)





# Thank You for Supporting CPLF!



## Our Valued Sponsors

CPLF Sponsors are very important to us as they help champion our mission and values and bring our vision to life. Together we advocate on behalf of the disAbility community.

If you and/or your organization are interested in Organic and Cause Marketing, we would be happy to hear from you. Elevate your business with a compelling feature and ad on our sponsor page, showcasing your brand to 1,800+ loyal newsletter subscribers each month. Please email [info@cplf.ca](mailto:info@cplf.ca).

**Become a CPLF Sponsor**



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#140, 1935 32 Ave NE,  
Calgary, AB

(403)-276-1016  
[info@cplf.ca](mailto:info@cplf.ca)

## Our Classified Ads



**Sam Withey**  
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