



The Insider Newsletter

# Happy Canada Day



**July**  
2023

Welcome to the July edition of the CPLF newsletter. We're excited to be celebrating Canada day on the first day of the month! Enjoy the summer and stay cool friends.



# July Events Calendar

For more information on events and holidays, please visit the CPLF Events web page or contact [events@cplf.ca](mailto:events@cplf.ca).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	Canada Day Stat Holiday 1
2	Admin Office Closed 3	4	5	6	CPLF Dance 11:00 AM 7	8
9	Bumble Bee Craftic 1:00 PM 10	11	12	13	Stampede Brunch 10:00 AM 14	15
16	Bumble Bee Craftic 1:00 PM 17	18	19	20	CPLF Dance 11:00 AM 21	22
23	Bumble Bee Craftic 1:00 PM 24					
30	Bumble Bee Craftic 1:00 PM 31	25	26	27	28	29

# CPLF Events

[More Events](#)



## Canada Day

July 1

Admin office closed and no Day Programs (unless pre-approved by Case Manager)

## Bumble Bee Craftic

Every Monday | 1:00pm | CPLF Social Room

This fun and engaging group of supported individuals creates unique arts and crafts. Participants pay \$7.00 as you go.

## CPLF Dance

July 7 & July 21 | 11:00am | Rotary Challenger Park

CPLF supported individuals have fun with music and dance while meeting friends. Participants pay \$6.00 at the door with chips and pop available for \$1.00 each.

## CPLF Stampede Brunch

July 14 | 10:00am | CPLF Courtyard

CPLF is inviting supported individuals to join us for a Stampede Brunch to enjoy some fresh off-the-griddle food and refreshments!



# CPLF Dance

CPLF supported individuals are welcome to come on down to our CPLF Dance to enjoy music with friends. We can't wait to see you there!

**July 7 & July 21**

**11:00 am - 2:00 pm**

**Rotary Challenger Park Field House | 3688 48 Ave NE**



# 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!



# Summer Fun

# BBQ



**Spot #3 Bowness Park**

**Friday, August 18th**

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

CPLF staff, clients, and guardians are welcome to reconnect with all of us at Bowness Park! Enjoy a day in the sunshine with lots of games and fun, plus free food. We are so excited to see you there, rain or shine!



# The CPLF Stampede Brunch

July 14 | 10:00 am - 2:00 pm

CPLF is inviting supported individuals to join us for a Stampede Brunch to enjoy some fresh off-the-griddle food and refreshments! Pre-register through the EventBrite link below or email [events@cplf.ca](mailto:events@cplf.ca).

Registration is FREE!

[Click to Register](#)

CPLF Courtyard | 1935 32 Ave NE

# Disability Pride

What started in the United States in 1990 has become a global movement of empowerment and visibility for those with disabilities. In Canada, although

the month is not yet recognized by the Canadian government, disability community members and advocates have taken the opportunity to speak out on social media about the barriers they face in our society, and how they have found creative solutions to overcome them - or what they need from their fellow Canadians to do so. If there is something you'd like to showcase to our readership, please reach out to us at [editor@cplf.ca](mailto:editor@cplf.ca) as would love to hear your story.



Knowing July is Disability Pride Month, CPLF would like to bring attention and appreciation for the support workers that support people with disabilities. Alberta Disability Workers Association (ADWA) is a provincial association that provides resources and a platform for you as a support worker to advocate for yourself. To learn about how they can support you, visit [adwa.ca](http://adwa.ca).



## Canada Day

The Canadian Constitution Act was created in 1867, which united three separate colonies into a single Dominion within the British Empire. This day marked the historical milestone that shaped Canada's path towards independence and unity!

### JOKE OF THE MONTH

**Why did the Canadian become a comedian?**

**They had a natural talent for delivering "eh-mazing" punchlines!**





## 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](#)



**CANADIAN  
GREEN THUMB**

**Grow longer. Grow more.**

[Learn more](#)

# Calgary Events

[More Events](#)



## High Tea at the Zoo

July 16 - Aug 27

Enjoy delicious treats like scones, finger sandwiches, and mouthwatering snacks while sipping on a selection of tasty loose-leaf tea. Experience it all in the beautiful ENMAX conservatory with views of the gardens and flowers.

## Heritage Park Market Nights

Every Saturday

Shop local vendors, explore the shops in the Plaza, grab a bite to eat and be entertained every Saturday night until Sept. 2!



# The Latest on the Canada Disability Benefit Act

[Watch PrimeTime's Video](#)

The original Bill C-22 also known as the Disability Benefit Act, has now received royal assent. This legislation was designed to offer income support for low-income, working-age people with disabilities, but won't be put into action for about a year. The amount recipients will receive through the benefit isn't clear quite yet.

Working-age Canadians with disabilities are twice as likely to live in poverty as working-age people without disabilities. The Senators believe that once this bill is passed, the government has an obligation to ensure that the money goes to these Canadians and won't line the pockets of insurance companies.

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# Now Hiring Casual Complex Needs Support Workers

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



**Job Type:** Casual

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

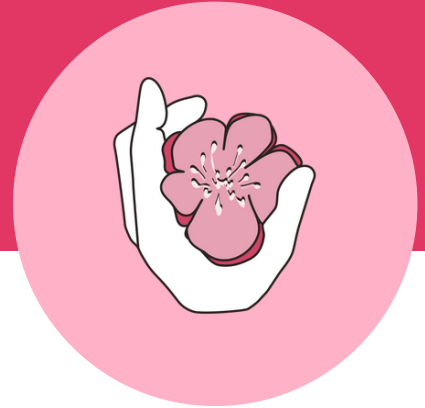
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Hands  Growing

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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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