



The Insider Newsletter

Happy Heritage Day



August
2023

Welcome to the August edition of the CPLF newsletter. We're excited to be celebrating Alberta Heritage on the seventh! Enjoy the last few weeks of warm weather friends.



August Events Calendar

CPLF Event Web Page

For more information on events and holidays, please visit the CPLF Events web page or contact events@cplf.ca.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	Bumble Bee Craftic 31	Movie Madness Bowling Bananza 1	Karaoke 2	Bingo Spilling the Tea 3	4	5
6	Alberta Heritage Day Bumble Bee Craftic 7	Movie Madness Bowling Bananza 8	Karaoke 9	Bingo 10	11	12
13	Bumble Bee Craftic 14	Movie Madness Bowling Bananza 15	Karaoke Kickball 16	Bingo 17	Summer Fun BBQ 18	19
20	Bumble Bee Craftic 21	Movie Madness Bowling Bananza 22	Karaoke 23	Bingo 24	CPLF Dance 25	26
27	Bumble Bee Craftic 28	Movie Madness Bowling Bananza 29	Karaoke 30	Bingo 31	1	2

CPLF Events

[Learn More](#)



Bumble Bee Craftic

Monday's | 1:00pm | CPLF Social Room | Pay \$7 as you go

Movie Madness

Tuesday's | 11:00am | Cineplex Odeon Sunridge | Cineplex ticket prices

Bowling Bananza

Tuesday's | 11:00am | Bowling Depot | \$6.25 cash at the door

Karaoke Sing-Along

Wednesday's | 11:00am | CPLF Social Room | \$2.00 per session at the door

Bingo

Thursday's | 1:00pm | CPLF Social Room | Pay \$7 as you go

Spilling the Tea

Thursday's | 10:00am | CPLF Social Room | Free

Kickball

August 16 | 11:00am | Rotary Challenger Park | Free

Summer Fun BBQ

August 18 | 10:00am | Bowness Park, Site #3 | Free

CPLF Dance

August 25 | 11:00am | Rotary Challenger Park | \$6.00 at the door



Team KickBall

Wednesday, August 16 | 11:00 am

CPLF staff and Supported Individuals are welcome to play or cheer on a game of kickball at Vista Heights Ball Diamond! Don't forget to pack a lunch to enjoy during your game. We are so excited to see you there!

Vista Heights Ball Diamond | 1620 27 Ave NE

Summer Fun

BBQ



Friday, August 18 | 10:00 am

CPLF staff, Supported Individuals, and guardians are welcome to join 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!

Spot #3 Bowness Park | 8900 48 Ave NW



CPLF Dance

August 25 | 11:00 am

CPLF supported individuals are welcome to come on down to our CPLF Dance to enjoy music with friends. Pop and chips are available for purchase for 50 cents each. We can't wait to see you there!

Pay \$6 at the Door

Rotary Challenger Park Field House | 3688 48 Ave NE



Hydroponics Gardening

All Year Long

CPLF is currently looking for a facilitator for our gardening program as well as supported individuals who would like to learn how to grow food in water, we'd love to hear from you this summer! The produce from the garden grown without the mess of soil and bugs will be utilized in an upcoming CPLF cooking class.

Contact CPLF Events

Garden in the CPLF parking lot | 1935 32 Ave NE

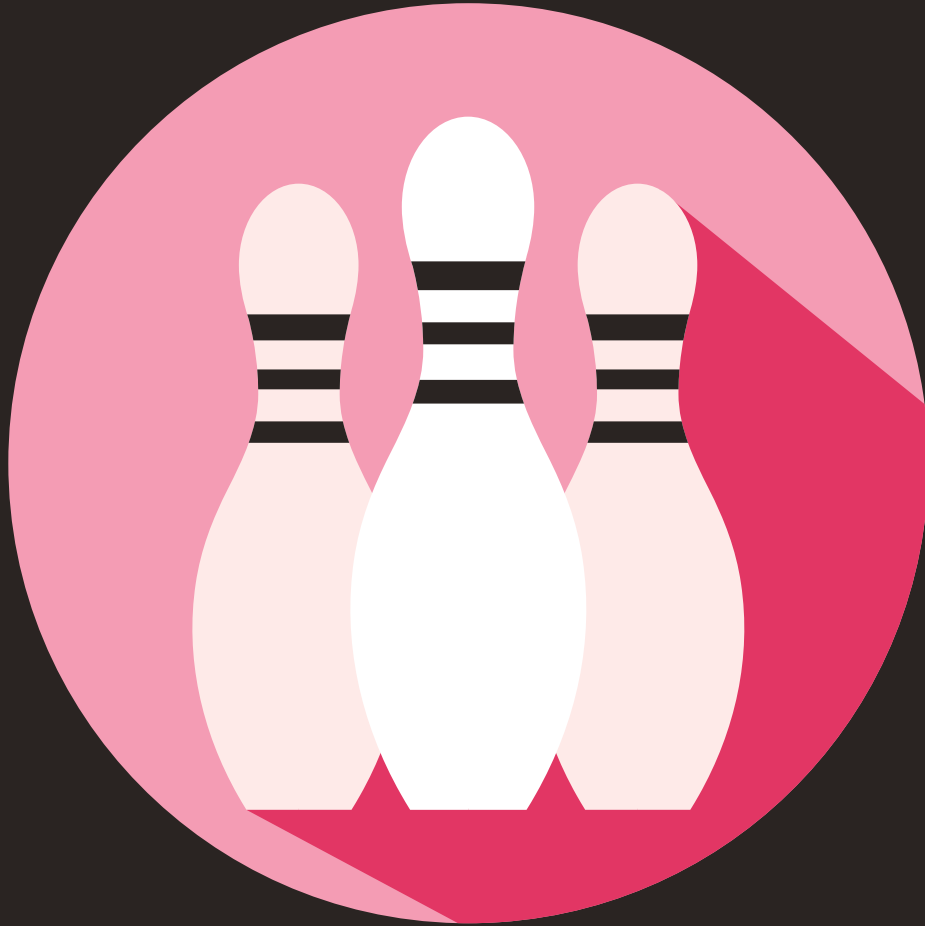


Cooking Class

CPLF is inviting interested parties to a fun day where you get to learn valuable cooking skills like prepping food, reading labels, cooking and storing food. If you're interested, we'd love to hear from you.

[Contact CPLF Events](#)

West Wing at CPLF | Suite 126, 1935 32 Ave NE



BOWLING BONANZA

Every Tuesday at 11:00 am

CPLF supported individuals are welcome to join us
for a fun day of bowling. See you there!

\$6.25 at the door

Bowling Depot | 5255 McCall Way NE #146



Karaoke

Wednesday's | 11:00 am

CPLF is inviting supported individuals of all abilities to express themselves through singing in a fun and welcoming atmosphere. We're looking forward to coming together and making new friends!

\$2.00 per session at the door

West Wing at CPLF | Suite 126, 1935 32 Ave NE



CPLF BINGO

Thursday's at 1:00 pm

CPLF supported individuals are welcome to join us for a fun afternoon of BINGO with prizes. We can't wait to see you there!

\$5 at the door

West Wing at CPLF | Suite 126, 1935 32 Ave NE



Spilling the Tea

1st Thursday of Every Month | 10:00 am

Coffee, tea, and support! Join us for a warm beverage and engaging conversations. Connect with fellow guardians, find new support, and foster lasting friendships.

[**Register for Free**](#)

West Wing at CPLF | Suite 126, 1935 32 Ave NE



Spinal Muscular Atrophy (SMA) awareness campaigns aim to raise awareness about this genetic disorder that affects the motor neurons. Various organizations and advocacy groups organize events and initiatives to educate the public, support individuals and families affected by SMA, and promote research efforts. To access support and information about SMA, you can visit Cure SMA curesma.org.



Alberta Heritage Day

Heritage day is a time to recognize and appreciate the contributions of different cultural communities in shaping Alberta's rich identity and heritage. Come down to the Olympic plaza in downtown Calgary to see multicultural performances, enjoy ethnic foods, and unique handicrafts all for free at 12:00pm!

JOKE OF THE MONTH

Why did the computer go to the beach in August?

It wanted to surf the web!



Enter to Win a Google Review Giveaway!



This month you can write a review on Google for CPLF to be entered to win a \$10 gift card to McDonalds! We'd love to hear what you have to say and your review helps us get more visible online! Click the link below to share your thoughts.

[Write Your Google Review](#)



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Calgary Events

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Great Outdoors Comedy Festival

August 26 & 27

The Great Outdoors Comedy Festival is back again at Prince's Island Park! Proceeds from the festival's 50/50 draw will support Easter Seals Alberta's Camp Horizon, which provides individuals with disabilities and medical conditions with life-changing outdoor camp experiences.

University District Night Market

August 30

See more than 30 local vendors, live music and unique entertainment from 5-9 pm for free!



CPLF Showcase

Congratulations to Jaqueline

Jacqueline Coutts, known as JC to her friends and staff at CPLF. JC first joined CPLF in 2015 and in 9 years she has grown into a beautiful, and talented young lady. She still has some challenges but with time and the support from her staff, she can learn to manage and navigate through them, as she is currently doing with her figure skating.

When JC was little, she spent many winters with her parents at the ice rink close to their home learning how to skate. I think she was more interested in the hot cocoa with the little marshmallows, than skating. In the summer she could be found golfing on the golf course, biking with her dad, or baking with mom. These were family activities until she got a little older and found other interests (ballet, Girl Guides, hanging out with her friends). So, the skates and golf clubs were hung up in the garage collecting dust.

In 2014 her mother found Special Olympics Calgary (SOC) to get JC back involved with sports and a way to meet new friends. It sparked an interest with JC and wanted to try all the sports to see which ones she liked the most. It took a few years, but she narrowed it down back to her favorite sports, figure skating and golf. She met a lot of new friends and the coaches at SOC were patient and encouraging. She started to compete in SOC competition (Provincials, StarSkate, etc.).

With the pandemic at the start of 2020, JC took a 2-year hiatus from SOC. In 2022 SOC announced that they were resuming their programs, JC was anxious to get back to her figure skating (currently she is taking a break from her golf). She told her mom she was

going to work hard, and she wanted to win a gold medal. So, her mother and Case Manager went on a search for a new skating club (Thornccliffe Skating Ice Club) and she was registered back with SOC.

JC has had a tremendous 2022/23 season with SOC. Through JC's hard work and determination, she achieved her spot at the SOC Winter Provincial Games in Strathcona, Alberta and was also invited to participate at the 2023 Canada Winter Games, PEI to compete for Team Alberta. On February 25, 2023, at the SOC Winter Provincial Games, JC brought home her first gold medal. March 1st at the Canada Winter Games, she brought home a bronze medal.

JC's trip to PEI was her first trip travelling alone without her parents and it was an incredible learning experience for her and an opportunity of a lifetime. She was extremely nervous to be with the top young Canadian athletes across the country. However, her SOC Coach, Olea was exceptional



as she always had her pulse on JC the whole time. At the end of the trip, Coach Olea told JC's mother that JC was a wonderful traveling companion. The staff at Team Alberta made her feel welcome and remarked at her professionalism and behaviour. She met so many new people, made a lot of new friends, and experienced life (and food) out on the East Coast. All in all, she was happy to be home and stomping around on familiar territory.

Just as JC thought the story ends here, it is only the beginning. She received news that she has been selected by Team Alberta to represent them at SOC 2024 National Winter Games to be held here in Calgary on February 27th, 2024. What a special honor to be selected! Now, there is no time to waste, skates need to be sharpened, practice time with her skating club needs to be scheduled, there are new skills and routines to learn. All of this could not have been achieved without the support and encouragement from her Case Manager and her support staff at CPLF.

Follow CPLF Events on Social



Follow CPLF

We would love if all staff could follow us on Instagram and Facebook [@CPLF_YYC](#) for daily/weekly updates. CPLF provides details and updates on all upcoming events on the [cplf website events page](#) as well as social media.

If anyone is interested in upcoming classes or events, please email events@cplf.ca.

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Hands  Growing

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