



The Insider Newsletter

Happy Labour Day



Sept
2023

Welcome to the September edition of the CPLF newsletter. We hope you enjoyed your day off on Monday for Labour Day! Savour the last couple weeks of warm summer days, before those chilly fall days arrive!





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 Tim Hortons! 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](#)



**CANADIAN
GREEN THUMB**

Grow longer. Grow more.

[Learn more](#)

September 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
27	28	29	30	31	Movie Matinee 1	2
3	Labour Day 4	Bowling Bananza 5	Karaoke 6	Spilling the Tea Bingo 7	Bowness BBQ Admin Office Closed 8	9
10	Bumble Bee Craftic 11	Bowling Bananza Board Game Cafe 12	Karaoke 13	Zumba Bingo 14	Admin Office Closed 15	16
17	Bumble Bee Craftic 18	Bowling Bananza 19	Karaoke 20	Zen Zone Bingo 21	CPLF Dance 22	23
24	Bumble Bee Craftic 25	Bowling Bananza 26	Karaoke 27	Zumba Bingo 28	Movie Matinee 29	National Day of Truth & Reconciliation 30

CPLF In-House Events

[Learn More >](#)

Movie Matinee

Sept 1 & 29 | 10:00am & 12:30pm
CPLF Social Room
\$5 each time / 1 CPLF Event Card stamp

Spilling the Tea

Sept 7 | 10:00am
CPLF Social Room
Free

Board Game Cafe

Sept 12 & 26 | 1:00pm
CPLF Social Room
\$6 at the door / 1 CPLF Event Card stamp

Zumba

Sept 14 & 28 | 10:00am
CPLF Social Room
\$6 at the door / 1 CPLF Event Card stamp

Zen Zone

Sept 21 | 10:00am
CPLF Social Room
\$6 at the door / 1 CPLF Event Card stamp

CPLF Dance

Sept 22 | 11:00am
Rotary Challenger Park
\$6 at the door / 1 CPLF Event Card stamp

Bumble Bee Craftic

Monday's | 1:00pm
CPLF Social Room
\$7 at the door / 1 CPLF Event Card stamp

Karaoke

Wednesday's | 10:00am
CPLF Social Room
\$5 at the door / 1 CPLF Event Card stamp

Bingo

Thursday's | 1:00pm
CPLF Social Room
\$5 at the door / 1 CPLF Event Card stamp

Social Committee

October 6 | 10:00am
CPLF Board Room
Email events@cplf.ca if you're interested

Get 11 events for only \$50!

CPLF Event Card



Explore limitless options with this card, granting access to exciting CPLF hosted events. Easily purchase another card at any CPLF Event or through Finance, ensuring non-stop excitement on your journey. Exchange this card at the 11th event for a complimentary entry!

**If you're interested, please contact events@cplf.ca
or visit Finance for options.**

HELP WITH CPLF EVENTS

Calling Volunteers



Feel Good Opportunity

Are you interested in volunteering at our amazing CPLF-hosted events? Simply send us an email at events@cplf.ca saying you're interested and we'll let you know how you can get involved!

[Email CPLF Events](#)

Events

[See More >](#)



Labour Day

Monday, Sept 4

Admin offices closed, no Day Programs

(unless pre-approved by Case Manager)

Bowness BBQ

Friday, Sept 8 | 10:00-2:00

Bowness Park #3 8900 48 Ave NW

Rotary Ribfest

Sept 8-10 | 11:00

McMahon Stadium

Bowling Bananza

Tuesday's | 10:00am

Bowling Depot

\$6.25 cash at the door

Sunnyside Summer Nights

Wednesday's until Sept 13

Carnivàle at Heritage Park

September 15

National Truth and Reconciliation Day

Saturday, Sept 30



In Loving Memory of Jessica

Jessica Sheppard, 1982 - 2023

Jessica passed away on Tuesday, August 15, 2023 at the age of 41 years. She will be lovingly remembered by her parents Rod & Sue Sheppard; her second mother Indira Sanchez; Indira's children Irela, Adyeska, Larry, Jairo, Naomi, and Soliette; Indira's grandchildren Emilia, Ezekiel, Blaise and Shai; niece Krystina; and many more family and friends. She was predeceased by her brother Spencer Sheppard.

Jessica was born and raised in Calgary. At 22 she moved in with her care giver Indira where she became another member of her family. She was helped throughout those years by Calgary Progressive Lifestyles Foundation. Jessica loved people, listening to music, dancing and going for walks or car rides. She brought a light to all those who knew her and will be missed greatly.

If friends so desire, donations may be made in memory of Jessica to CPLF through our donation link below.

[**Donate to CPLF Today**](#)



World Deaf Awareness Week

Taking place during the last week of September, World Deaf Awareness Week highlights the challenges faced by the deaf community and celebrates their accomplishments and contributions. Various events, activities, and educational initiatives are organized globally to raise awareness, promote sign language, and foster a more inclusive society for individuals who are deaf or hard of hearing. To find out more, visit wfdeaf.org.



Labour Day

Alberta Labour Day is an annual holiday celebrated on the first Monday in September. It's a day to relax, enjoy time with family and friends, and honour the hard work and dedication of individuals who have played a significant role in building the province during the labour movement.

JOKE OF THE MONTH

**How do trees get online
in September?**

They just log in!

Calgary Transit Holiday Hours



When contacting the CT Booking Centre, remember your preferred time might not be available; flexibility with the offered time is advised. If declined, trips are waitlisted and scheduled by 19:00 the night before. Confirming during booking or using the Access trip tool helps avoid time changes. The Customer Service, Booking & Eligibility phone lines will be closed on these stat holidays:

Labour Day

Monday, Sept 4

Thanksgiving

Monday, Oct 9

[Read More](#)

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cplf_yyc



Follow CPLF Events on Social!

We would love if all staff could follow us on Instagram and Facebook for daily/weekly updates. CPLF provides details and updates on all upcoming events on social media as well as the CPLF website events page.

Follow @CPLF_YYC



Highlighting Filmmakers With DisAbilities in YYC

The Artifact Small Format Film Festival proudly holds the distinction of being Calgary's longest-running film festival held in April each year. A standout feature is the 'Accessibility in Analogue' program, a bold initiative that shines a spotlight on disabled and marginalized filmmakers. This empowering platform brings their unique voices and perspectives to the big screen, fostering inclusivity and broadening the horizons of the cinematic experience.

Aspiring filmmakers with disabilities are invited to follow their dreams and submit their work for consideration. Accessibility in Analogue not only celebrates diversity but also provides a platform where untold stories can shine. As the festival continues to champion diversity, Accessibility in Analogue stands as a testament to the power of film in amplifying underrepresented voices, creating a space where creativity knows no bounds.

Health Officials Urge Residents to Get Booster Shot



With fall approaching, health officials are urging the public to get booster shots as COVID-19 and other respiratory infections show early signs of increasing. The Public Health Agency of Canada has suggested rising COVID-19 infections, while experts warn of a potential 'triple threat' of respiratory viruses in the fall, including the flu and RSV.

While cautious, officials believe vaccination can help mitigate transmission risks and urge eligible individuals to protect themselves this autumn. Learn more by visiting the link above.

CPLF is Hiring Casual Complex Needs Support Workers

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



Job Type: Casual, Hourly

Salary: Ranges from \$21.53 - \$26.62 / hour or as per client's unique budget.

[Find Out More & Apply Today](#)

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

[Learn more](#)

Hands  Growing

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.

Become a CPLF Sponsor



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#140, 1935 32 Ave NE,
Calgary, AB

(403)-276-1016
info@cplf.ca

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