



## The Insider Newsletter

# Happy Thanksgiving



**Oct**  
2023

Welcome to the October edition of the CPLF Insider newsletter. We hope you have a wonderful Thanksgiving feast with your loved ones on the ninth and enjoy the colourful leaves all around the city!



# October 2023

# Events Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Bumble Bee Craftic 2	Board Game Cafe 3	Karaoke 4	Zumba Bingo 5	Movie Matinee Social Committee 6	7
8	<b>Thanksgiving</b> Admin Office Closed 9	Board Game Cafe 10	Karaoke 11	Zen Zone Bingo 12	CPLF Dance 13	14
15	Bumble Bee Craftic Costume Design 16	Board Game Cafe 17	Karaoke 18	Zumba Bingo 19	Movie Matinee 20	21
22	Bumble Bee Craftic Costume Design 23	Board Game Cafe 24	Karaoke 25	<b>Halloween Party</b> 26	27	28
29	Bumble Bee Craftic 30	Halloween Board Game Cafe 31	1	2	3	4

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

# CPLF In-House Events

[Learn More >](#)

## Important Dates

### Halloween Party

October 26 | 10:00am-2:00pm

Habebe's Banquet Hall | #1 - 2611 37 Ave NE

Pre-registration required!

### Social Committee

October 6 | 10:00am

CPLF Board Room

## Daily Events

### Bumble Bee Craftic

Monday's | 1:00pm

CPLF Social Room

\$7 at the door / 1 CPLF Event Card stamp

### Board Game Cafe

Tuesday's | 1:00pm

CPLF Social Room

\$6 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

## Occasional Events

### Movie Matinee

October 6

10:00 | Little Mermaid (live action)- (2h 20m)

12:30 | Elemental - (1h 46m)

October 20

10:00am | We have a Ghost (2h 7m)

12:30pm | Dark Shadows (1h 53m)

CPLF Social Room

\$5 each day / 1 CPLF Event Card stamp

### Costume Design

Oct 16 & 23 | 10:00am

CPLF Social Room

\$7 at the door / 1 CPLF Event Card stamp

### Zumba

Oct 5 & 19 | 10:00am

CPLF Social Room

\$6 at the door / 1 CPLF Event Card stamp

### Zen Zone

Oct 12 | 10:00am

CPLF Social Room

\$6 at the door / 1 CPLF Event Card stamp

### CPLF Dance

Oct 13 | 11:00am

Rotary Challenger Park

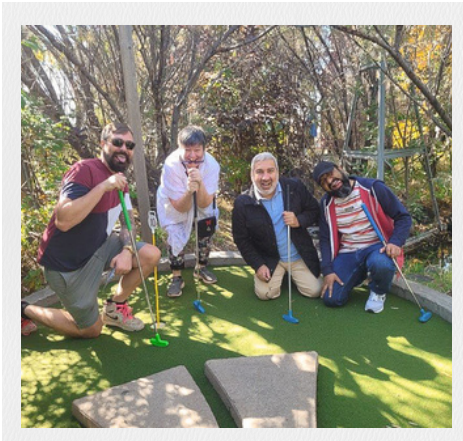
\$6 at the door / 1 CPLF Event Card stamp



# Mini Golf Was a Hit!



Best Letter Pose Photo



Best Group Photo

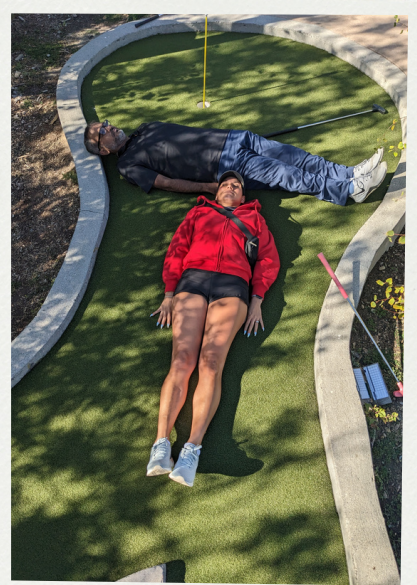


Best Funny Face Photo

## A Big Thank You to Our Generous Sponsors!

The CPLF admin team enjoyed a day of exciting challenges that resulted in some amazing team photos at our mini golf tournament with Irela emerging as the winner! We'd like to thank Righteous Gelato and Serene Escapes Spa for their generous contributions, which added an extra flare to the day with gelato coupons and a free pedicure prize.





Save 17% on Events!

# The CPLF Event Stamp Card

Get your CPLF event stamp card for just \$50 at our Finance office, granting you entry to 10 unforgettable events, with the 11th event for free! Effortlessly collect stamps with your pre-loaded card at our events and embark on a fun-filled year ahead!

\*This card is valid only for CPLF events, including crafts, bingo, dances, and more.\*





CPLF SPOOKTACULAR

# Halloween Party

CPLF staff and supported individuals are welcome to join all of us at Habebe's Banquet Hall! Enjoy a free day where you get to dress up in your best costume, dance and indulge in some free food. We are so excited to see you there!

Please pre-register on EventBrite.

[Register](#)

Habebe's Banquet Hall  
Unit 1, 2611 37 Ave NE

Thursday, October 26  
10 am - 2 pm

# Events

[See More >](#)



## Thanksgiving

October 9 | \*Admin office closed  
and no Day Programs  
(unless pre-approved by Case Manager)

## Halloween at Callaway

Saturdays, Sundays, and Holiday  
Monday until October 7

## Fort Calgary Walking Tour

Wednesday - Sunday until  
October 29

## Ghost Tea at Heritage Park

October 14, 15, 21, and 22





# Down Syndrome Awareness Month

Down Syndrome Awareness Month, celebrated in October, shines a spotlight on the remarkable abilities and accomplishments of individuals with Down syndrome. Discover their inspiring stories and find ways to support and learn more about this inclusive and diverse community by visiting organizations like the National Down Syndrome Society (NDSS) at [www.ndss.org](http://www.ndss.org) or connect with local Down syndrome support groups.



## Thanksgiving

Did you know that Thanksgiving in Canada can be traced back to an English explorer, Martin Frobisher, who held a feast in 1578 to give thanks for his safe arrival in what is now Newfoundland? Over time, this tradition evolved into a holiday marking the harvest and giving thanks for the blessings of the year.

### JOKE OF THE MONTH

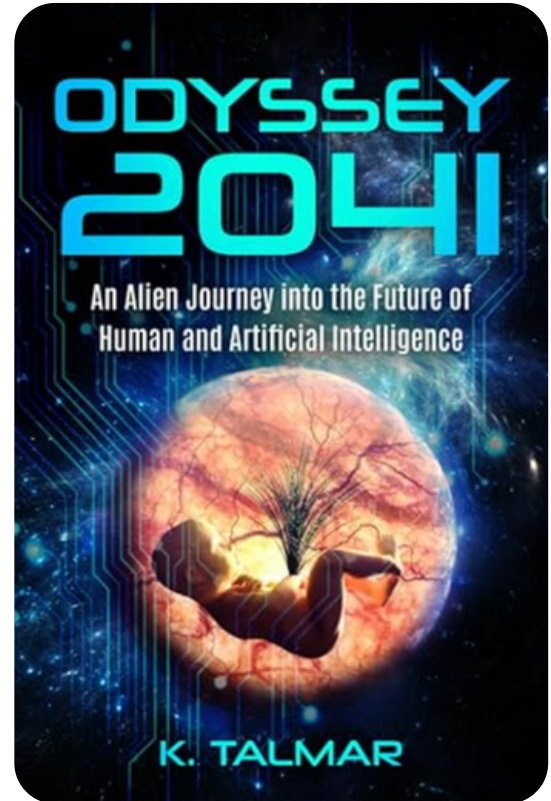
**What do you get if you drop a pumpkin?**

**Squash!**

## CPLF Spotlight

## New Book Release

Kathy Marasco, mother of CPLF's long time client, Antonio Marasco invites readers on an exhilarating ride through her latest book, 'Odyssey 2041' written under her pen name Kate Talmar. This extraordinary narrative introduces three unborn infants, Adam, Zak, and Eva, who set out on an cosmic adventure. Meanwhile, enigmatic government agencies closely monitor their cosmic development, ultimately realizing their exceptional potential. Through Adam, an otherworldly entity intervenes, bringing hope to a world in crisis. In this gripping tale, science fiction merges seamlessly with cosmic enigmas as Adam, Zak, and Eva unite to save humanity.



To support Kathy as an up and coming author, purchase her book 'Odyssey 2041' on Amazon or enjoy it for free with your active Kindle subscription.

[Visit Amazon Store](#)

**Accessibility,  
Designer Style.**

[Get a Quote](#)

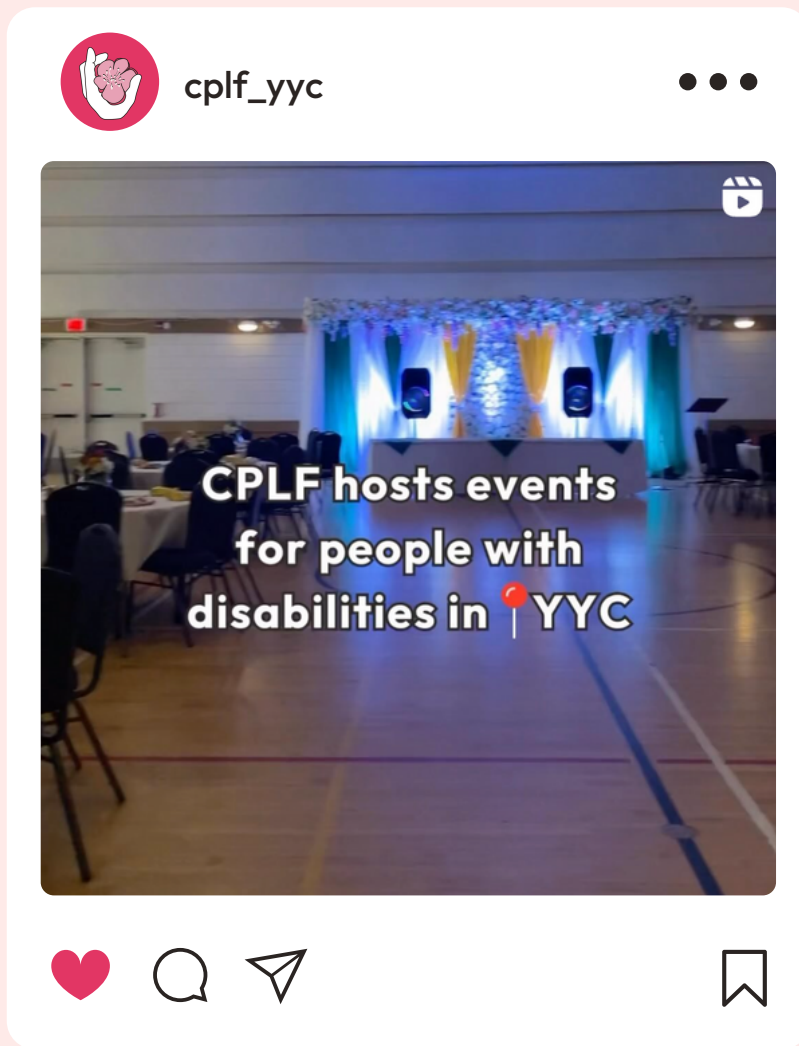


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# Follow CPLF on LinkedIn!

We would love if all staff could follow us on LinkedIn, Instagram and Facebook for details and updates on all upcoming events as well as the CPLF website events page.

Follow CPLF



CANADIAN  
GREEN THUMB

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Learn more



WINTER

# Wonderland Party

THURSDAY, DECEMBER 14 | 10 AM

Get ready for a day of festive fun where you can dress in your holiday best, dance to cheerful tunes, and savor delectable free food. We're so excited to share this joyful occasion with you! Make sure to save the date!

Marlborough Community Association | 636 Marlborough Way NE

# 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](mailto:info@cplf.ca).

**Become a CPLF Sponsor**



## Follow CPLF on social media



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Calgary, AB

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

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Financial Advisor

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Edward Jones received the highest numerical score among 15 brokerage firms in the J.D. Power 2013-2016 Canadian Full Service Investor Studies. 2016 study based on 5,159 total responses, measuring the opinions of investors who use full-service investment firms, surveyed May-June 2016. Your experiences may vary. Visit [jdpower.com](http://jdpower.com). IRT-10377A-C