



The Insider Newsletter

A November to Remember



Nov
2023

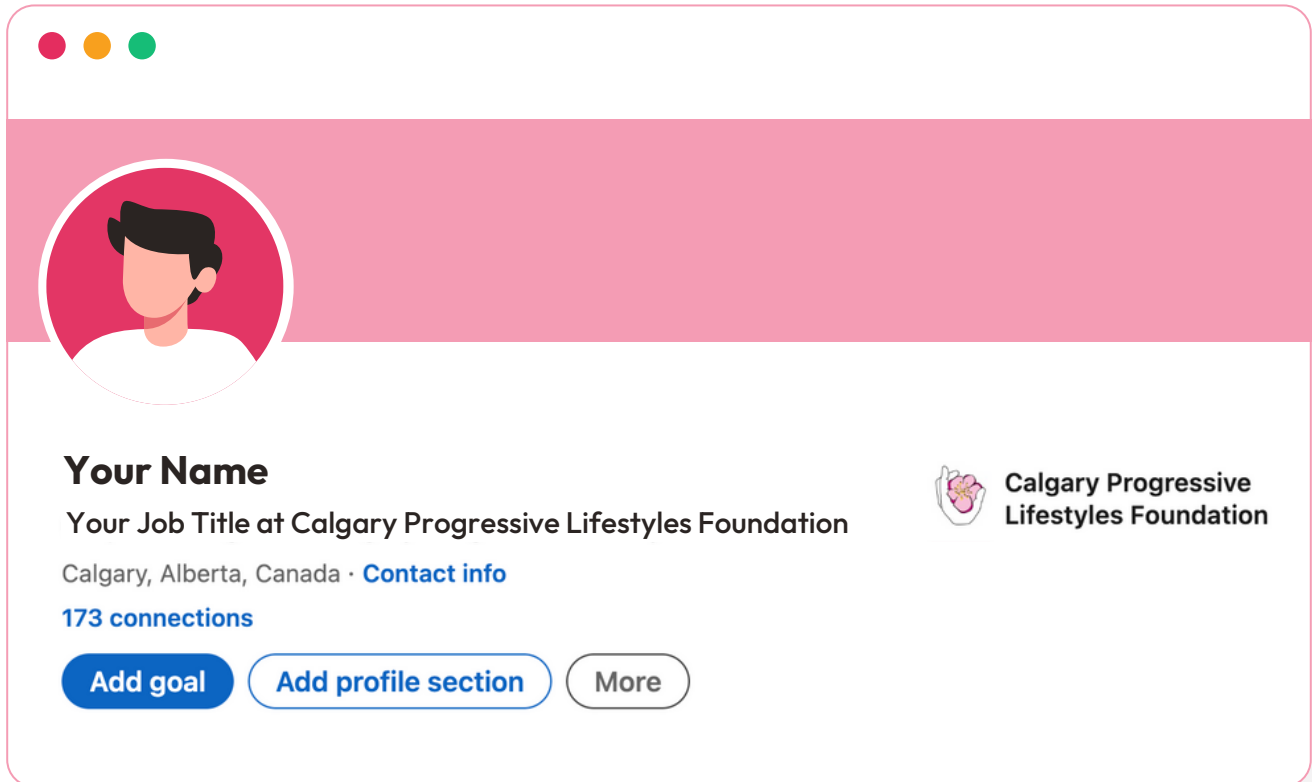
Welcome to the November edition of the CPLF Insider newsletter. On the 11th of this month, remember to take a moment to honour the brave men and women who sacrificed their lives for our freedom and peace.



Update Your LinkedIn Profile!

Forgot you had a LinkedIn account? That's what we've been hearing! You can simply login to your existing account or make a new one, then add CPLF as your current employer along with your snazzy job title. It helps us reach more people and makes you look up-to-date and professional!

[Update My Profile](#)



GIVING HOPE TODAY.

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November 2023

Events Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Karaoke	2 Snow Flake Making Bingo	3 Magic of Christmas Decorating Movie Matinee	4
5 Daylight Savings Time Ends	6 Bumble Bee Craftic	7 Board Game Cafe	8 Karaoke	9 Social Committee Zen Zone Bingo	10 Office Closed	11 Remembrance Day
12	13 Bumble Bee Craftic	14 Board Game Cafe	15 Karaoke	16 Snow Flake Making Bingo	17 Movie Matinee	18
19	20 Bumble Bee Craftic	21 Board Game Cafe	22 Karaoke	23 Zen Zone Bingo	24 CPLF Dance CPLF Christmas Decorating	25
26	27 Bumble Bee Craftic	28 Board Game Cafe	29 Karaoke	30 Snow Flake Making Bingo	1	2

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

CPLF November Events

[Learn More >](#)

Important Dates

Remembrance Day

November 11 | November 10 Office closed in observation (day program continued)

Social Committee

November 9 | 10:00am
CPLF Board Room
Email events@cplf.ca if you're interested

Daily Events

Bumble Bee Craftic **

Monday's | 10:00am
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

Nov 3 & 17 | 10:00am & 12:30pm
CPLF Social Room
\$5 each time / 1 CPLF Event Card stamp

Snowflake Making

Nov 2, 16 & 30 | 10:00am
CPLF Social Room
Free!

Zen Zone

Nov 9 & 23 | 10:00am
CPLF Social Room
\$6 at the door / 1 CPLF Event Card stamp

CPLF Dance

Nov 24 | 11:00am
Rotary Challenger Park
\$6 at the door / 1 CPLF Event Card stamp

Magic of Christmas Decorating

Nov 3 | 10:00am - 2:00pm
4216 54 Ave SE, Bay 31
Email events@cplf.ca to register

CPLF Christmas Decorating

Nov 24 | 11:00am
CPLF Social Room
Email events@cplf.ca to register



WINTER

Wonderland Party

THURSDAY, DECEMBER 14 | 10:00 AM

It's time to get into the holiday spirit! Dress up in your holiday best, dance to cheerful music, and share your favorite dish at our potluck. We can't wait to celebrate this joyful occasion with you, and remember, the event is free!

[Get Free Tickets](#)

Marlborough Community Association | 636 Marlborough Way NE

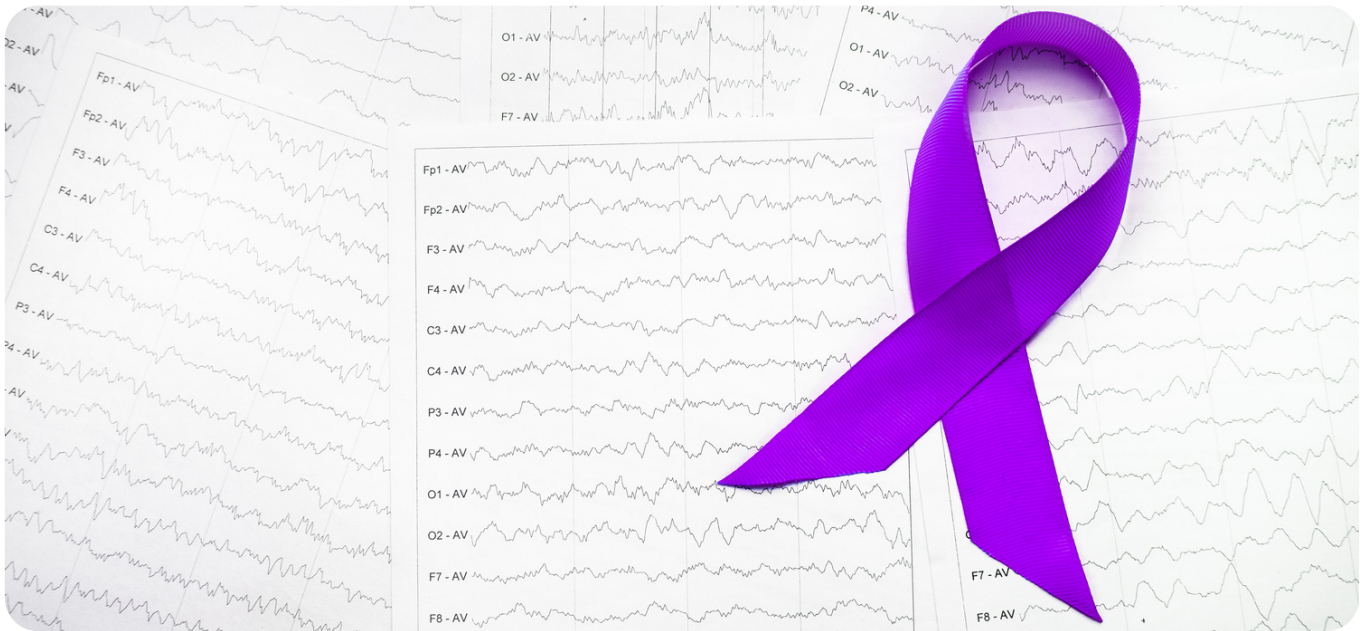
Save 17% on Events!

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.





National Epilepsy Awareness Month

Epilepsy Awareness Month observed throughout November shines a spotlight on epilepsy, a neurological condition that impacts countless lives. This month-long initiative aims to increase understanding, support, and advocacy for individuals living with epilepsy, as well as promote education about seizure recognition and first aid. For more info about NEAM visit the Epilepsy Foundation's site: [Epilepsy Foundation](https://www.epilepsy.com).



Daylight Savings Time

Daylight Saving Time is the practice of setting clocks forward by one hour during warmer months to maximize daylight, aiming to conserve energy and extend evening daylight time for various activities. On the fifth of November, we will adjust our clock's time to one hour back.

JOKE OF THE MONTH

What do you call a snowman with a six-pack?

An abdominal snowman!

Events

[See More >](#)



November Kickoff in MardaLoop

November 1 at 6:00pm

Annual Guild Sale

November 3 & 4

CF Fitness Series

Sundays until November 5

Wonderful Winter Craft Sale

November 11 at 10:00am

Calgary European Film Festival

November 3 & 12

Increase in Respiratory Illness



As we enter the colder months, cold and flu viruses become more prevalent. It is crucial to remain vigilant about the health and safety of our CPLF community. To protect our Clients and CPLF employees, we kindly remind you to be aware of cold and flu symptoms and act responsibly by keeping clients home until they are symptom-free for at least 24 hours.

We will continue to encourage good hand hygiene, including frequent handwashing with soap and water to reduce the risk of infection. We appreciate your understanding and cooperation to safeguard the well-being of our CPLF members. If you have any questions or concerns, please do not hesitate to contact your Case Manager.

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PLUMBING & HEATING LTD
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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.

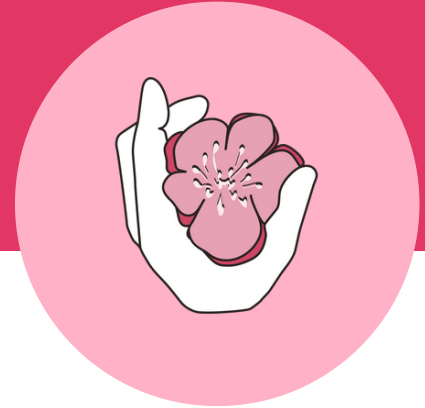
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If you and/or your organization are interested in Organic and Cause Marketing, we would be happy to hear from you. Elevate your business with a compelling feature and ad on our sponsor page, showcasing your brand to 1,800+ loyal newsletter subscribers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

Become a CPLF Sponsor



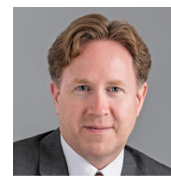
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#140, 1935 32 Ave NE,
Calgary, AB

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

Our Classified Ads



Sam Withey
Financial Advisor

Unit 5, 57 West Aarsby Rd
Cochrane, AB | T4C 1M1
403-932-1275

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