



The Insider Newsletter

Happy Holidays!



Dec
2023

Get ready for a delightful read of the last 2023 edition of the CPLF Insider! We can't wait for the upcoming holiday break to spend time with friends and family, and, of course, some festive baking!





Embracing a New Chapter in Communication at CPLF!

Starting in the New Year, we're bidding farewell to traditional newsletters and stepping into the dynamic world of online communication through our new CPLF blog. The blog will be your go-to hub for the latest CPLF updates, heartwarming stories, and valuable insights into the incredible work we're doing together.

We also have a new addition to our events page on the [cplf website](#). CPLF events information and updates, event calendar, and ticket purchasing are now available, all in once place. Stay up-to-date on weekly, monthly, and annual events by visiting [cplf.ca/events/](#) and follow us on social media [@cplf_yc](#)!

Thank you for being a part of our ever-evolving journey!

Sincerely,
CPLF Marketing

[Visit the CPLF Blog](#)

GIVEAWAY

ENTER TO WIN

This month you can enter to win a \$20 gift card to Tim Hortons by writing a review for CPLF on Google! 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](#)



GIVING HOPE TODAY.

[LEARN MORE](#)

December 2023

Events Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	Social Committee Movie Matinee 1	2
3	Bumble Bee Craftic 4	Board Game Cafe 5	Karaoke 6	Snowflake Making Bingo 7	CPLF Dance 8	9
10	Bumble Bee Craftic 11	Board Game Cafe 12	Karaoke 13	Winter Wonderland Party 14	15	16
17	Bumble Bee Craftic 18	Board Game Cafe 19	Admin Holiday Break 20	21	22	23
24						
31	25	26	27	28	29	30

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

CPLF December Events

[Visit Event Page >](#)

Important Dates

Holiday Break

December 20 - January 2
Admin office closed

Winter Wonderland Party

December 14 | 10:00am
636 Marlborough Way NE
Register at cplf.ca/events

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

December 1 | 10:00am & 12:30pm
CPLF Social Room
\$5 for 2 movies / 1 CPLF Event Card stamp

Movies

10:00 | Onward
12:30 | Dashing Through the Snow

Snowflake Making

December 7 | 10:00am
CPLF Social Room
Free

CPLF Dance

December 8 | 11:00am
Rotary Challenger Park
\$6 at the door / 1 CPLF Event Card stamp

Social Committee

December 1 | 10:00am
CPLF Board Room

HELP WITH CPLF EVENTS

Calling Volunteers

We Need Your Help!

Are you interested in volunteering at our CPLF-hosted events?
Shoot us an email and we'll let you know how you can get involved!

[Email CPLF Events](#)

Teach Monday's Art Class

January 8 - March 25

Tuesday's | 12:45 pm - 2:15 pm

Host Minute-To-Win It Games in Our CPLF Olympic Coaching Squad

January 3 - March 27

Wednesday's | 12:45 pm - 2:15 pm

Lead Experiments at Our STEM Program (Science, Technology, Engineering + Mathematics)

January 8 - March 25

Thursday's | 9:45 am - 12:15 pm



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
Please Register by December 7, 2023



International Day of Persons with Disabilities

International Day of Persons with Disabilities (IDPD), observed on December 3rd, is a day dedicated to raising awareness about the challenges faced by individuals with disabilities and promoting their rights and well-being. As an annual event, World Disability Day is hosted by the U.N. and motivates business leaders across the globe to share the unique contributions of disabled people.

There are many talented speakers you can listen to on the 3rd of the month all listed at [Diversity & Inclusion's website](#). Let's celebrate this important day!

JOKE OF THE MONTH

**Why was the snowman
looking through the carrots?**

He was picking his nose!

Events

[See More >](#)



Art For Smiles

December 1 at 5:30pm

An evening where you can have fun, socialize, meet like-minded peers, create art, and stand a chance to win prizes.

Deck the Walls

Tuesday's - Saturday's

This attention-grabbing, salon-inspired exhibition sees an entire wall filled with small to medium sized artworks.

Christmas Buffet

Weekends until December 17

Visit Heritage Parks to enjoy the warm and cozy atmosphere of the Wainwright Hotel or Gunn's Dairy Barn to dine on freshly baked pastries from the Alberta Bakery, traditional buttermilk pancakes, farm-fresh scrambled eggs and all your other breakfast favourites before venturing out to enjoy our Once Upon A Christmas activities!

Disabled Creators Use Social Media to Break Stereotypes



“I think that social media has been, I would say, a revolution for disabled people.” Lindsay-Noel says “it’s absolutely transformative. I would not be able to make the content I do without these platforms.”

Lindsay posts videos and photos about her life and the barriers she faces as a person with a disability, and accessibility reviews of restaurants, entertainment venues and other public spaces...

[Read Full Article on Global News](#)

**Accessibility,
Designer Style.**

[Get a Quote](#)



 **CANYON**
PLUMBING & HEATING LTD
Here for you.

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.

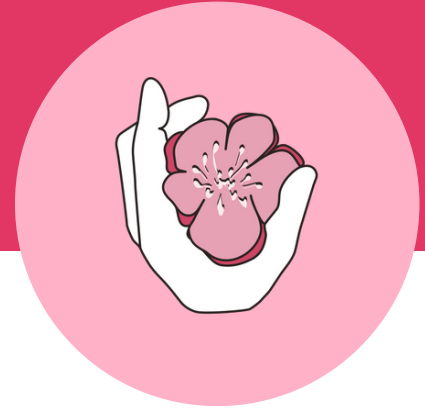
[Find Out More & Apply Today](#)



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Love Since 1983.

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Thank You for Supporting CPLF!



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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.

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MAKING SENSE OF INVESTING

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