

SBC NEWSLETTER

April 2026 | Volume 20, Issue 04



Message from the CEO

April brings with it a spirit of renewal, reflection, and appreciation for the diversity that strengthens our community. As we celebrate Easter, we are reminded of the values of hope, compassion, and new beginning, principles that are reflected every day in the work we do together in supporting the individuals we serve. This season invites us to pause, appreciate one another, and continue nurturing the caring environment that defines our agency.

April is also an important time to recognize World Autism Awareness Day on April 2, a global initiative that encourages understanding, acceptance, and inclusion for individuals on the autism spectrum. It serves as a meaningful reminder of the importance of celebrating differences and ensuring that every individual has the opportunity to participate fully in their community.

At our agency, these messages resonate strongly with our mission and daily practice. Through our programs, partnerships, and commitment to community inclusion, we continue to support individuals in living meaningful and fulfilling lives. As we move through this month of reflection and awareness, let us continue to promote kindness, understanding, and respect in everything we do.

Romeo conception, CEO

**PLEASE BE REMINDED THAT
SPRINGBOARD CENTRE WILL
BE CLOSED ON THE
FOLLOWING DAYS:**

APRIL 3- GOOD FRIDAY

APRIL 6- EASTER MONDAY

**PLEASE REMEMBER TO MAKE
THE APPROPRIATE CHANGES
WITH YOUR
TRANSPORTATION
BOOKINGS FOR THIS
CLOSURE.**



STAFF ANNIVERSARIES

Simranpreet- 4years

Anesie- 8 years

Annette B- 11 years

Coco- 13 years

Marites- 15 years

Ron- 31 years



WELCOMING NEW CLIENT AND STAFF

1. Tajay - Room 5



SPRINGBOARD HIGHLIGHTS & UPDATES

Special events at SBC:

April 7, 14, 21, 28- "Music and Me"

April 8, 15, 22, 29- "Brushes and Beyond"

April 2- World Autism Awareness Day Celebration

April 13th- Bow Valley Job Fair

SPRING AND SUMMER PROGRAM OUTING

Spring into Action with Exciting Outdoor Adventures & New Activities! With the arrival of Spring, we're thrilled to offer our clients the perfect opportunity to embrace the season by exploring the great outdoors! From leisurely strolls in local parks to exciting visits to the zoo and heritage parks, there's no better time to reconnect with nature and experience the beauty of our surroundings.

New for April 7th: Marlborough Gym Reservations!

In addition to outdoor adventures, we're excited to announce that starting April 7th, we've secured exclusive reservations at Marlborough Gym! Whether you're a basketball enthusiast or a volleyball pro, our clients will now have access to top-notch facilities to enjoy these exciting team sports. Don't miss out on the chance to get active, have fun, and make the most of the Spring season

ST. PATRICK'S DAY CELEBRATION MARCH 17, 2026



THINGS HAPPENING IN CALGARY FOR FREE

Alberta University of the Arts

Details: Discover world-class gallery spaces on campus at Alberta University of the Arts

Calgary Chinese Cultural Centre

Details: Learn the history of the Chinese community in Calgary with a free self-guided tour .

Central Library

Details: Explore four floors of the beautiful Central Library in the East Village.

Devonian Gardens

Details: One hectare of botanical gardens with over 500 trees, 50 varieties of plants, 900 square foot living wall, fountains, fishponds, and a playground.

Esker Foundation

Details: Admission is free to this contemporary art gallery in the neighbourhood of Inglewood.

Inglewood Bird Sanctuary

Details: A birder's paradise in the middle of the city, with winding trails, interpretive signage, a forest-bathing trail and a Nature Centre.

Rocky Mountain Show Jumping

Details: Free admission and parking to international horse-riding events for all ages and skill levels.

YouthLink Calgary Police Interpretive Centre

Details: Admission is free to Calgary's police museum with interactive displays and photo opportunities for all ages.





Quote for the month of April

“April showers bring May flowers”

Unknown Author

Recipe for Spring

SPRING VEGGIE PASTA PRIMAVERA

Celebrate the season with this fresh and vibrant pasta dish! Cook your favorite pasta and, in the last few minutes, toss in a mix of spring vegetables like peas, asparagus, and cherry tomatoes. Sauté the veggies with olive oil, garlic, and a sprinkle of Parmesan, then combine with the pasta. Season with salt, pepper, and a squeeze of lemon juice for a bright, flavorful dish that's perfect for springtime!



Policy Statement

THE EMPLOYEE WILL NOT ACCEPT FROM SOURCES OUTSIDE THE AGENCY MONETARY OR OTHER PAYMENT, IN ADDITION TO NORMAL SALARY OR EXPENSES, FOR DUTIES WHICH THEY PERFORM IN THE COURSE OF AGENCY EMPLOYMENT.

ANY SUCH MONIES RECEIVED SHALL BE CONSIDERED CONTRIBUTIONS TO THE AGENCY.

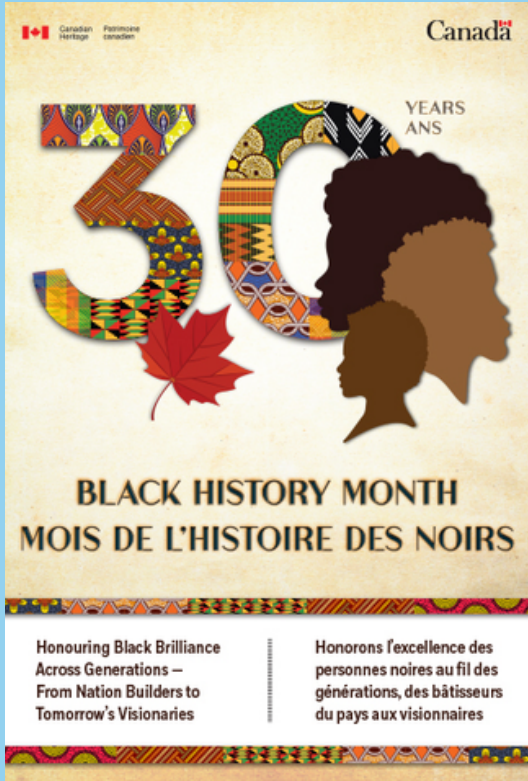
EMPLOYEES MAY ACCEPT A GIFT, FAVOUR, OR SERVICE ONLY IF IT IS:

- A. IN THE NORMAL EXCHANGE OF HOSPITALITY AMONG PERSONS DOING BUSINESS**
- B. A TOKEN EXCHANGE AS PART OF PROTOCOL**
- C. A NORMAL PRESENTATION MADE TO PERSONS PARTICIPATING IN PUBLIC FUNCTIONS**
- D. AN UNSOLICITED GIFT FROM THE CLIENT AND/OR THEIR FAMILIES. SEE POLICY HR0039 CONFLICT OF INTEREST FOR FURTHER INFORMATION.**



BLACK HISTORY MONTH AT SBC

Sun, Feb 1, 2026 – Sat, Feb 28, 2026



Black History Month in Canada, officially recognized nationwide in 1995, celebrates the achievements and contributions of Black Canadians throughout history. Spearheaded by advocates like Jean Augustine and the Ontario Black History Society, it originated from local initiatives in the 1970s and 1980s before becoming a federal, annual observance in February.



“ WE ALL REQUIRE AND WANT RESPECT, MAN OR WOMAN, BLACK OR WHITE. IT'S OUR BASIC HUMAN RIGHT. ”

– ARETHA FRANKLIN



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WE'RE ON THE WEB!
WWW.SPRINGBOARDCENTRE.CA

Did You know that SBC is a charitable organization? If you or anyone you know wishes to make a donation, please contact us at 403-248-7071.

ABOUT US

Mission Statement:

SBC will assist adults with developmental disabilities to achieve meaning in their lives.

Vision Statement:

Springboard Centre is committed to assisting the individuals we serve in achieving community integration to the fullest extent of their interests and abilities.

Donations:

Springboard Centre is funded primarily by the Government of Alberta, but we also rely on donations to support our programs. You can contribute in several ways:

- **One-Time Donation:** Donate via cheque or through CanadaHelps.org on our website www.springboardcentre.ca.
- **Monthly Giving:** Set up a recurring donation through post-dated cheques or CanadaHelps.org.
- **Vehicle Donations:** Donate your vehicle through Donate-A-Car Canada for a charitable receipt.
- **Planned Giving:** Contribute through endowments, charitable trusts, or securities.

Visit our website www.springboardcentre.ca for more details.

