



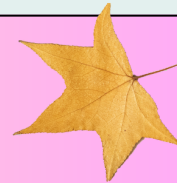
SBC Newsletter

September 2025 | Issue 21, Volume 9



HELLO, SEPTEMBER!

Let's ignite our sense of adventure
and discover new horizons.



Message from the CEO

As we welcome September, I am reminded of how this month highlights both celebration and reflection within our community.

On September 1st, Labour Day, we pause to honour the contributions of workers across our country, including the remarkable dedication of our own staff. Your efforts ensure that the individuals we support continue to live meaningful, engaged, and dignified lives. Thank you for your commitment—it truly makes a difference every day.

This month also brings an opportunity to come together in joy and fellowship at our Annual Family Picnic on September 6th. This special event is always a highlight of the year, allowing us to connect outside the program setting, share laughter, and strengthen the bonds that make our agency feel like one extended family. I look forward to seeing many of you there.

Finally, on September 30th, the National Day for Truth and Reconciliation, we reflect on the history and lasting impact of residential schools in Canada. It is a solemn time to listen, learn, and honour survivors, their families, and Indigenous communities. May we all take this day as an opportunity for deeper understanding and renewed commitment to reconciliation.

Together, let us carry these values of respect, unity, and compassion throughout September.

Warm regards,

Romeo Concepcion, CEO

Agency Closure:

September 1, 2025

September 30, 2025

Reminder

**Please remember to make the
appropriate changes with your
transportation bookings for this
closure.**



Upcoming events:
September 6 -
Family picnic day

Staff Anniversary
1. Justin K- 6 years
2. Susano- 7 years



**“September tries
its best to have us
forget summer.”**

- BERNARD WILLIAMS



Recipe of the month

baked Pumpkin Choco Chips Cups

Ingredients

Wet ingredients:

- $\frac{3}{4}$ cup pumpkin puree
- $\frac{1}{2}$ cup creamy natural peanut butter (or pecan butter or almond butter)
- 2 large eggs
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{3}{4}$ cup unsweetened almond milk
- 1 teaspoon vanilla extract

Dry ingredients:

- 2 cups old fashioned rolled oats, gluten free if desired
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup chocolate chips, plus 2 tablespoons for sprinkling on top



Instructions:

1. **Preheat oven to 350 degrees f, line a 12 muffin pan with 12 muffins liners and spray with non stick cooking spray to prevent oatmeal cups from sticking**
2. **In a medium bowl, mix together pumpkin puree, nut butter, eggs, almond milk, maple syrup and vanilla until smooth**
3. **Next stir in dry ingredients: oats ,baking powder, cinnamon, nutmeg, all spiced,, ground ginger and salt. Stir well. to combine.**
fold in $\frac{1}{3}$ cup choco chips into batter.
Evenly distribute batter between batter liner.
Sprinkle extra choco chips on top and bake for 25-30 minutes. Drizzle with your favorite nut butter before serving, if desired. Serves 12 person.



THINGS TO DO IN CALGARY THIS SEPTEMBER

1. **Labor Day Classics: Stampeders v/s Elks** - Cheer on Stampeders v/s Edmonton Elks at McMahon Stadium with exciting CFL action in Calgary .

Where: McMahon Stadium

When: September 2, 2025



2. **Spruce Meadows “Masters”**-Top riders and horses from around the globe compete at the Spruce Meadows ‘Masters’ in Calgary. All seating is general admission and can be purchased in advance

Where: Spruce Meadows

When: September 4-8, 2025



3. **Halloweekends at Calaway Park-**

Join the Boo Crew at Calaway Park this Fall! Stroll through Hallotown... if you dare! Is it scary? No, it's friendly! Dress up as your favourite family friendly character and enjoy a day of Fall fun! It's a spooktacular good time for the whole family! Open Saturdays, Sundays, and Thanksgiving Monday from 11am to 5pm.

Where: Calaway Park

When: September 7, 8, 14, 15, 21, 22, 28, 29



4. **Railway Days at Heritage Park**

Heritage Park's extraordinary rail collection takes centre stage during Railway Days, including hands-on activities, exhibits, and a rare glimpse of the turntable in action and the double-headed steam engine.

Where: Heritage Park

When: September 14-15, 2025



5. **National Day for Truth and Reconciliation at Arts Commons**

Join Arts Commons for a day of reflection and cultural engagement. Start with the Indigenous Makers Market, followed by gallery tours led by Sanja Lukač, Senior Curator of Visual & Media Arts. Hear from artists featured in the Building Bridges and ReconciliACTION exhibit. End the day with the Elders Story Project, where Indigenous Elders share their experiences from residential schools.

- **Indigenous Makers Market:** Jack Singer Concert Hall Lobby, 12:00 – 5:30 p.m.
- **Gallery Tours & Artist Talks:** The Galleries at Arts Commons, 2:00 p.m. & 4:00 p.m.
- **The Elders Story Project:** Jack Singer Concert Hall, 6:30 p.m.

Where: Arts Commons

When: September 30, 2025



Staff Heritage day celebration!

August 13, 2025



Burundi/Congo/Rwanda musical number



opening remarks from the CEO



Nigeria presentation

Irish presentation



Hongkong musical number



Filipino dance presentation



Jamaican dance/music presentation



Different traditional attire from different countries



Canadian presentation

**August 20, 2025- Unveiling of SBC's
new vehicle**



**August 20, 2025- SBC Sports
Festival and awarding ceremony**



The game master



blue team presentation



winning smiles



Awarding of medals



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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.