

SBC NEWSLETTER

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A Warm Hello from Our Community

"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life." – Joan D. Chittister

Message from the CEO

Springboard Centre's upcoming Staff Development Day on June 05, 2026 promises to be an engaging and insightful opportunity for learning, reflection, and professional growth. This year's development sessions will feature two timely and practical topics for staff to explore and ponder on: the General Use of Artificial Intelligence and iPhone Photography. As technology continues to evolve and influence the way we work and connect, the Artificial Intelligence session will provide a meaningful introduction to how AI can support efficiency, creativity, communication, and innovation within our daily professional responsibilities. Meanwhile, the iPhone Photography session will focus on enhancing creativity and learning practical techniques to better capture memorable moments, meaningful interactions, and program highlights through simple but effective photography methods. The agency also looks forward to the upcoming Annual General Meeting on June 22, 2026. One of the highlights of the evening will once again be the much-anticipated annual video presentation showcasing the many activities, achievements, memorable moments, and successes experienced throughout the past year. We encourage everyone to look forward to these exciting upcoming events together.

Romeo Concepcion, CEO

Agency Closure

PLEASE BE REMINDED THAT SPRINGBOARD CENTRE WILL BE CLOSED ON:

FRIDAY, JUNE 5, 2026 – STAFF PROFESSIONAL DEVELOPMENT DAY

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

STAFF ANNIVERSARIES:

1. EDINA – 20 YEARS
2. HAZEL – 4 YEARS

40 Years Strong Monthly Countdown to July 10, 2026!

SBC is thrilled to announce our upcoming 40th Anniversary Celebration on July 10, 2026

We're proud to be marking four decades of excellence, growth, and community. Stay tuned for more details – we're planning a spectacular celebration you won't want to miss.



"Springboard Highlights & Updates"

CDSP WEEK CELEBRATION (May 19- 22, 2026) - A week of celebration, appreciation and pure fun dedicated to our hardworking staff (CDSP)



FEEDBACK WALL ACTIVITY



STAFF SHOUT OUT WALL



May 20, 2026- Community Disability Service Professionals Appreciation Day at The Genesis Centre in Northeast Calgary, is a day for gathering of CDSP from across the Calgary area. It was a day filled with appreciation for all the hardwork that CDSP do in the community.





Lemon Pasta

Lemon Pasta Ingredients:

Pasta, of course! Spaghetti is my top pick. Another long pasta like linguine would work too.

Butter – It creates the sauce's rich base. I call for extra-virgin olive oil in most of my recipes, but I actually prefer the butter here. It gives the sauce body and helps it coat the pasta.

Garlic – It adds savory flavor.

Parmesan cheese – It thickens the sauce and adds salty, umami flavor. Freshly **grated pecorino** is a great sub if you don't have Parmesan on hand.

Lemon zest and juice – The star ingredients! The zest infuses the sauce with bright, citrusy flavor. The juice adds a tangy kick.

Fresh herbs – I love to garnish this dish with parsley or basil for a fresh, aromatic finishing touch.

And salt and pepper – To make all the flavors pop!



First, cook the pasta. Bring a large pot of salted water to a boil, and cook the pasta until al dente. In the final few minutes of cooking, reserve 1 cup of the starchy pasta water.

Next, make the sauce. A few minutes before the pasta is ready, heat the butter in a large skillet over medium heat until it foams. Reduce the heat to low and add the lemon zest and minced garlic. Cook until fragrant, 1 to 2 minutes. Stir frequently to prevent the garlic from burning!

Use tongs to transfer the cooked pasta from the pot to the skillet with the butter mixture. Add 1/2 cup of the pasta water, and toss until a light sauce coats the pasta. Then, add half the cheese and toss again. Finally, add the lemon juice and remaining cheese and toss until the sauce is smooth.

Tip: If the lemon sauce gets too thick or starts to clump, add more pasta water as needed to loosen it.

Season to taste with salt, pepper, and more lemon juice. Garnish with more lemon zest and fresh basil or parsley, and serve!

RECIPE FROM: LOVE AND LEMONS.COM

THINGS TO DO IN CALGARY FOR FREE

Central Library Tour

Discover the unique and innovative elements of Central Library's spaces, services, art and iconic architecture in a free public tour led by a volunteer guide. Each tour can accommodate up to 10 drop-in patrons, but registration is strongly recommended.



Devonian Gardens is an urban oasis in the heart of Calgary that offers one hectare of botanical gardens including over 500 trees, 50 varieties of plants, a 900 sq. ft. living wall, fountains, fish ponds and a playground to climb and explore.



St. Patrick's Island Park

St. Patrick's Island Park has hiking and biking trails, a public plaza and amphitheatre, children's play area, public washrooms, a small hill, and restored river channels.

About the park

St. Patrick's Island Park opened in the summer of 2015 after undergoing a major restoration and redevelopment. The island park lies in the Bow River between the East Village to the south, and the community of Bridgeland to the north. The park boasts hiking and biking trails, a public plaza and amphitheatre, children's play area, public washrooms, a small hill, and restored river channels.

"Award Winning"

JOHN'S HISTORIC NARRATIVE

WALKING TOUR

Discover Calgary's Beautiful Skyline & Hidden Locations

The House from Titanic survivors

House used to film ghostbusters

Fascinated Stories Heritage Homes from the 1900s

Many more surprises

Get to know our city better

Walk approx 1 hour and 30mins

Starting Point

Free!

Without parking problems

Most Saturdays at 1pm

Text-Phone 403-650-5241 to confirm or other dates upon request

Pet Friendly

calgarywalkingtour.com



Welcome to the 4th Street Lilac Festival

This free one day event is the start up to Calgary's vibrant festival season, and encourages citizens to shake off their winter blues and reintroduce themselves to the thriving creative community in our city.

Each spring, thousands of attendees come out to enjoy the unique and pedestrian friendly 4th Street venue, offering an array of musical talent, artisan vendors, quality entertainment and some perfect people watching.

At the Lilac Festival, there is an activity made for all ages. This could mean a jump in the bouncer for the kids, discovering a great new band, choosing a perfect summer patio or searching for a trendy fashion; there is no shortage of things happening.



CDSP APPRECIATION WEEK!

On May 22, 2026, SBC wrapped up its week-long Community Disability Professionals Appreciation Week celebration with an unforgettable BBQ party! A day filled with food, music, laughter and appreciation to the hardworking CDSP of SBC. The event featured a live band, outstanding performances by both clients and staff, delicious food, and plenty of fun for everyone in attendance.

Parents, guardians, clients' roommates, building officials, and board members joined us to celebrate the incredible spirit of our community. The energy, laughter, and togetherness throughout the day made the event a tremendous success.

A heartfelt thank you to everyone who helped make this celebration so special. As they say, pictures speak louder than words – and these photos truly capture the joy and excitement of the day.



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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.