



— Volume 20 Issue 7 —

SBC Newsletter



AGENCY CLOSURE

PLEASE BE REMINDED THAT
SPRINGBOARD
CENTRE WILL BE CLOSED ON:

**JULY 01, 2026-
CANADA DAY**

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

STAFF ANNIVERSARIES:

AMOR @ 9 YEARS
RUBY @ 8 YEARS
FRANCIS @ 3 YEARS

WELCOME TO SBC

JESSIE
KIAN
LUKE
JEREMY

A Message from CEO

Romeo Concepcion, CEO



July is a particularly special month for Springboard Centre as we celebrate a remarkable milestone—40 years of service to the Disability Sector. On July 10, 2026, we proudly commemorate four decades of supporting individuals with developmental disabilities in achieving meaningful, purposeful, and inclusive lives within their communities. Since our incorporation in 1986, the agency has grown and evolved through the dedication of staff, the trust of families, the guidance of community partners, and the resilience and achievements of the individuals we serve. We look forward to celebrating this occasion with stakeholders, families, staff, and friends during our 40th Anniversary Celebration and annual Stampede BBQ.

July also provides an opportunity to recognize Disability Awareness Day Worldwide on July 12, a day dedicated to raising awareness and promoting the removal of barriers that may prevent individuals with disabilities from fully participating in society. It serves as a reminder that true inclusion requires more than access—it requires understanding, acceptance, opportunity, and meaningful participation. As we celebrate our past and look toward the future, Springboard Centre remains committed to fostering inclusion, building community connections, and empowering individuals to live lives filled with purpose, dignity, and possibility.



“SPRINGBOARD HIGHLIGHTS & UPDATES”

At Springboard, we recently celebrated our Staff Development Day, bringing the whole team together for a day of learning, connection, and fun. The day included engaging team-building activities that helped strengthen collaboration among staff.

We were also fortunate to welcome a talented guest speaker, Cecilia, who introduced us to the art of photography and shared valuable creative insights.

The celebration continued with delicious food, lively karaoke and dancing, and relaxing massage sessions. It was a truly enjoyable day filled with laughter, learning, and team spirit.

*"Alone we can do so little;
together we can do so much."*

— Helen Keller

Springboard Annual General Meeting (AGM)

At Springboard, we would like to share that our Annual General Meeting (AGM) was held on June 22.

This important meeting provided an opportunity for us to come together as a team to reflect on the past year, review our achievements, and discuss future goals and plans for the organization. It also allowed us to strengthen communication, share updates, and ensure we continue moving forward together in a positive direction.

We were pleased to see the participation of our staff, board members, and guardians as we continue working together to support our mission.



Kare-Kare (Filipino Peanut Stew)



This month's featured recipe is a comforting and flavourful Filipino classic, Kare-Kare. It is a rich peanut-based stew made with tender meat and fresh vegetables, best enjoyed warm with steamed rice. This dish is perfect for sharing and brings a delicious homemade touch to any family meal.

Ingredients:

Beef shank or oxtail (or chicken/tofu as an alternative), onion, garlic, water, eggplant, green beans, bok choy or spinach, and peanut butter. For seasoning, use fish sauce or soy sauce, salt, and pepper. Cornstarch or ground rice is used to help thicken the sauce.

Method:

Start by sautéing garlic and onion until fragrant. Add the meat and brown lightly, then pour in water and simmer until the meat becomes tender. Add the vegetables and cook until just soft. Mix peanut butter with a little warm broth until smooth, then stir into the pot. Thicken the sauce with a cornstarch mixture and season to taste. Simmer briefly until everything is well combined and creamy.

Serving suggestion:

Serve hot with steamed rice and a small side of shrimp paste or soy sauce for added flavour.

A hearty and satisfying dish, Kare-Kare is perfect for family meals and special gatherings, offering both comfort and tradition in every bite.



40 Years of Springboard – Join the Celebration

We are excited to share that our Open House & BBQ will be held on July 10 as part of Springboard Centre's 40th Anniversary celebrations and the Calgary Stampede spirit. Invitations have already been sent out for this special event, where we will come together to enjoy a BBQ, celebrate community connections, and showcase an art exhibition featuring the incredible talents of the individuals we support. The day will also be an opportunity to reflect on and celebrate 40 wonderful years of Springboard Centre's journey, memories, and achievements.



Things to do in Calgary

Calgary Stampede (July 3–12, 2026, Stampede Park, Calgary, approx. 10:00 AM–midnight) is the number one summer event in Calgary, featuring rodeo shows, live concerts, midway rides, food stalls, cultural exhibits, and nightly fireworks. It's the biggest city celebration and the best way to experience Calgary's summer energy.



Roundup MusicFest (July 8–9, 2026, Prince's Island Park, Calgary, approx. 5:00 PM–11:00 PM) is a major outdoor music festival featuring international and Canadian artists in a riverside park setting, offering a high-energy concert experience with ticketed entry.



Calgary Folk Music Festival (July 23–26, 2026, Prince's Island Park, Calgary, approx. 10:00 AM–11:00 PM daily) is a world-class outdoor music festival with international and local artists performing in a beautiful riverfront park setting. It offers a relaxed atmosphere with food vendors, artisan markets, and full-day entertainment.



Free Stampede Pancake Breakfasts (July 3–12, 2026, various Calgary locations, approx. 7:00 AM–10:00 AM) are a fun and unique Calgary tradition where local communities and businesses serve free pancakes, live music, and entertainment every morning during Stampede week—completely free and very social.



Canada Day at Heritage Park (July 1, 2026, Heritage Park Historical Village, 1900 Heritage Dr SW, Calgary, approx. 10:00 AM–5:00 PM) features a full day of live performances, cultural celebrations, historical exhibits, parade through the village, family activities, and hands-on experiences showcasing Canada's history and diversity.

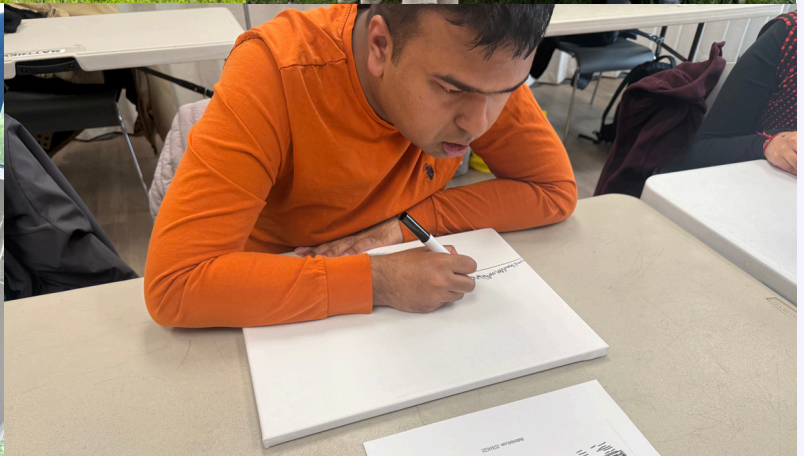
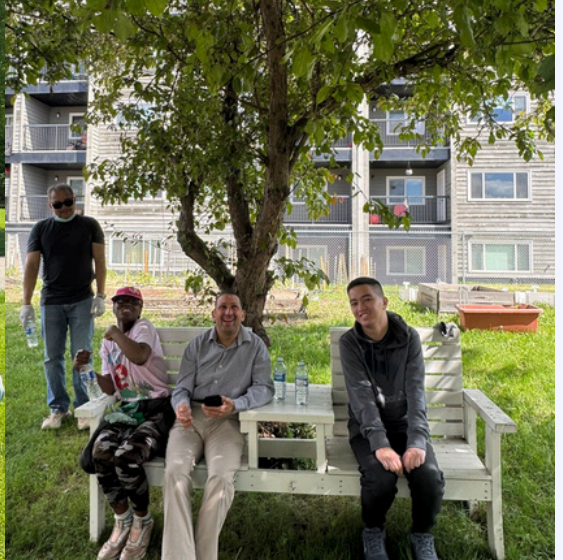
Canada Day at The Confluence Historic Site & Parkland (July 1, 2026, 750 9 Ave SE, Calgary, approx. 10:00 AM–5:00 PM for daytime activities; main programming approx. 11:00 AM–11:00 PM) includes Indigenous showcases, powwow performances, live music, craft activities, food vendors, and cultural programming across multiple outdoor spaces downtown.

Canada Day with Brett Kissel (July 1, 2026, Spruce Meadows, 18011 Spruce Meadows Way SW, Calgary, approx. 9:00 AM–5:00 PM) is a ticketed outdoor celebration featuring live Canadian music, a free barbecue (while supplies last), and a headline performance by Brett Kissel in a large outdoor venue.

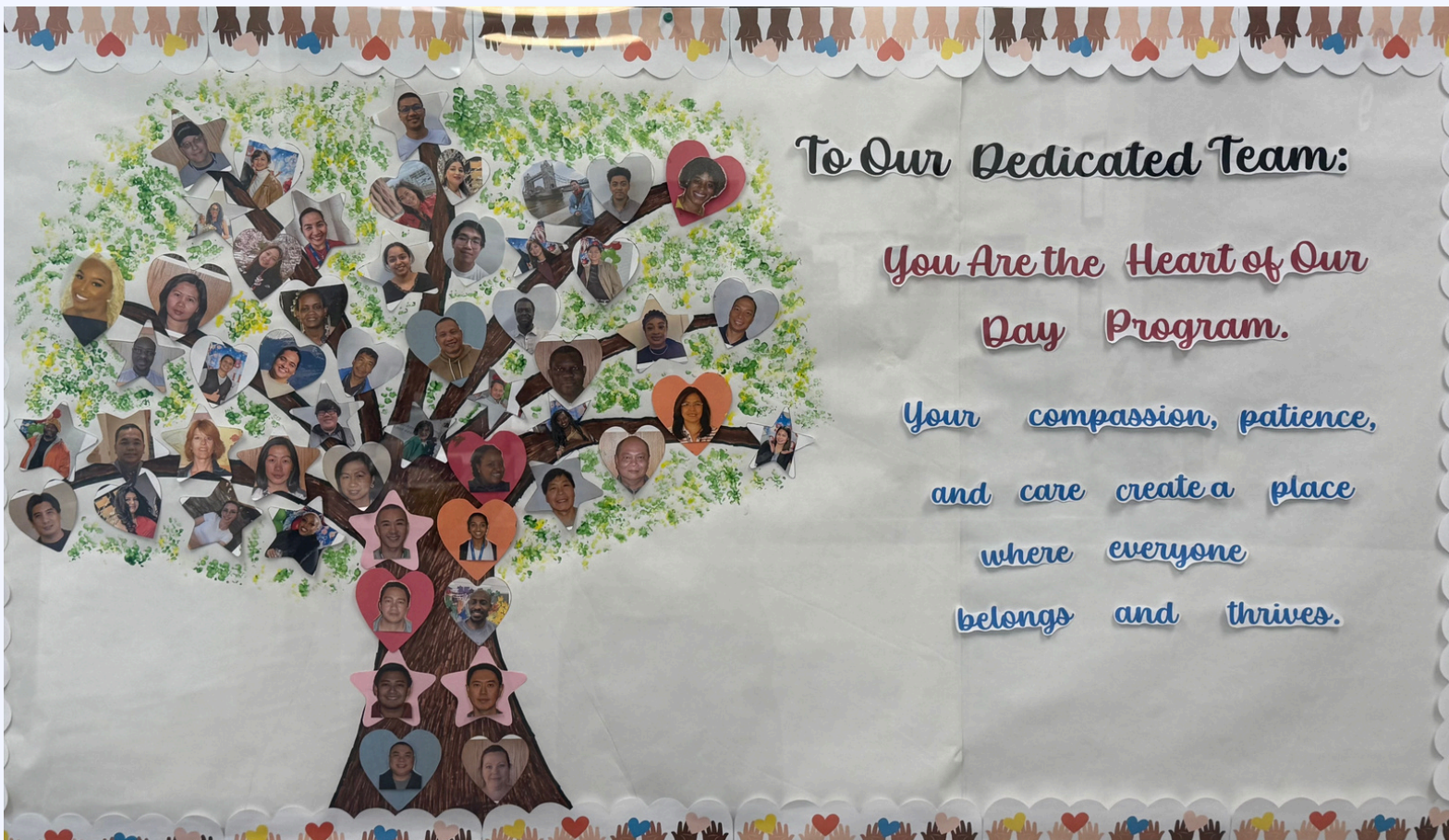
Calgary Tower 40th Anniversary Lighting (July 10, 2026, Calgary Tower – 101 9 Ave SW, Calgary, approx. dusk to midnight 9:30 PM–12:00 AM) will feature the tower illuminated in blue and white lights to celebrate the 40th anniversary of Springboard Centre. The LED light display will be visible across downtown Calgary as part of the tower's nightly lighting program, which runs from dusk until midnight and is often used to mark special community milestones and celebrations.



SBC Gallery



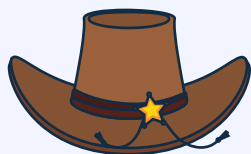
The Place to be Yourself



To Our Dedicated Team:

**You Are the Heart of Our
Day Program.**

**Your compassion, patience,
and care create a place
where everyone
belongs and thrives.**



Board of Directors

Donna Crawford – Chairperson
Sandy Mann - Vice Chairperson
Tammy Lafortune
Jackie Ross
Christopher Rappel
Katherine Visser
Martin Hoornaert
Mike Haska
Creedence Galarion
Douglass Owoo
Gord Hoffman –Honorary
Romeo Concepcion— CEO

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.

**807 42 Ave SE
 Calgary, AB
 T2G 1Y8**

Phone: 403-248-7071

Fax: 403-235-3872

E-mail: admin@springboardcentre.ca

**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.

