

SBC NEWSLETTER

VOLUME 19 ISSUE 4
APRIL 2025



MESSAGE FROM THE CEO

Dear SBC Family,

The agency is thrilled to welcome the vibrant month of April, a time when renewal and reflection embrace us like the blossoming spirit of spring. It's a season that harmonizes beautifully with our mission to support individuals with disabilities, nurturing growth and celebrating diversity.

April greets us with Lent, a period of introspection and community. During this time, I encourage us all to focus on compassion and understanding, values that are at the heart of our mission. Lent reminds us of the importance of giving and the profound impact of our actions on each other's lives.

In the spirit of awareness and inclusion, we proudly observe World Autism Awareness Day on April 2nd. This vital event is an opportunity to spread understanding about autism and highlight the unique perspectives and talents our participants bring to the community. Let us commit to celebrating neurodiversity and promoting acceptance every day, fostering an environment where everyone is valued and supported.

In conjunction with these meaningful occasions, I am delighted to announce the kick-off of our new Specialized Programs: the Arts and Crafts Program and the Music Therapy Program. These initiatives are designed to enrich the lives of our participants through creative expression and healing. Our Arts and Crafts Program offers a platform for individuals to explore their creativity and express their individual stories, while our Music Therapy Program harnesses the transformative power of music to enhance emotional and cognitive well-being.

Spring symbolizes new beginnings, and with these programs, we step into a fresh chapter filled with promise and potential. Together, let us celebrate the season of renewal, cultivate inclusion, and unlock the transformative power of creativity as we continue to make a positive difference in the lives of those we serve.

Warm Regards,

Romeo Concepcion, CEO

REMINDERS

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

APRIL 18- GOOD FRIDAY

APRIL 21- EASTER MONDAY

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



SPOTLIGHT OF THE MONTH

Our Spotlight of the month goes to Francis. He is an exceptionally talented musician whose dedication and leadership for the Music Specialized Program are truly commendable. His unwavering commitment to excellence and his genuine passion for mentoring others are consistently evident in his work. Through his efforts, he not only facilitates the musical growth of both his peers and clients but also inspires them to embark on their own musical journeys with confidence and enthusiasm. His influence fosters both individual and collective development, making a significant impact on the program and its members.

STAFF ANNIVERSARIES

Simranpreet- 3 years

Anesie- 7 years

Annette B- 10 years

Coco- 12 years

Marites- 14 years

Ron- 30 years

WELCOMING NEW CLIENT AND STAFF

New Staff:

1. Sriya

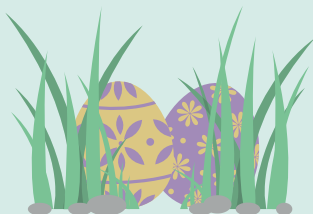
SPRING VEGGIE PASTA PRIMAVERA

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!

QUOTE

**“April showers bring May
flowers”**

Unknown Author



WHAT NEW AT SBC?

April 1,8,15,22,29- "Music and Me"

April 2,9,16,23,30-"Brushes and Beyond"

April 2- World Autism Awareness Day Celebration

April 14- Bow Valley Job Fair

THINGS HAPPENING IN CALGARY

1.Lougheed House: Innovations & Inspirations House Tour

This all-new guided tour explores the technological innovations and architectural wonders that made Lougheed House cutting-edge in the 1890s and still remarkable today.

Where: Lougheed House

When: April 3

2.Candlelight: Featuring Vivaldi's Four Seasons & More

Experience a unique musical evening as candlelight illuminates the performance of Vivaldi's Four Seasons and other classical pieces at Studio Bell

Where: Studio Bell, home of the National Music Centre

When: April 4, 6:30 p.m.

3.Calgary Opera: Bluebeard's Castle & Gianni Schicchi

Experience two one act operas in one night Béla Bartók's thrilling Bluebeard's Castle and Giacomo Puccini's beloved comedy Gianni Schicchi offer an evening of drama, mystery, and humour.

Where: Calgary Opera

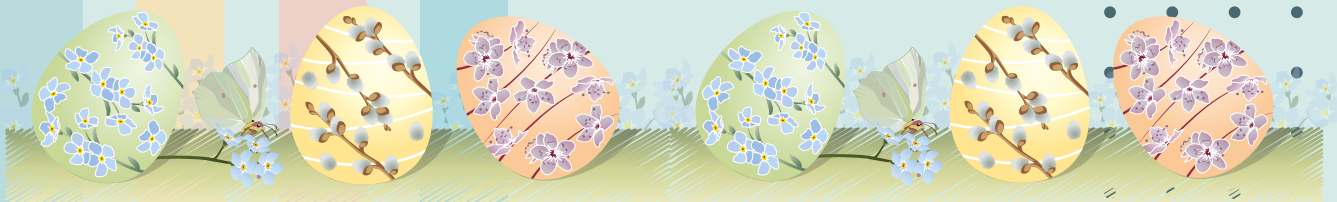
When: April 5-11

4.Calgary Comic Expo Four days of unlimited fandom

Every spring, hundreds of thousands of fans descend upon Stampede Park for the Calgary Comic Expo. This year's event features major celebrities like Michael J. Fox, Alicia Silverstone, and more.

Where: Stampede Park

When: April 24-27



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 1st: Southland Gym Reservations!

In addition to outdoor adventures, we're excited to announce that starting April 1, we've secured exclusive reservations at Southland 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

POLICY STATEMENT

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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.**



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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.

THE MONTH THAT WAS

