



SBC Newsletter

October 2026 | Issue 20, Volume 20

Message from the CEO

October is a meaningful month that invites us to reflect on gratitude, belonging, and the value that every person brings to our community.

As we celebrate Thanksgiving Day on October 12, we are reminded to appreciate the people who enrich our lives and strengthen our organization. At Springboard Centre, we are especially thankful for our individuals, families, dedicated staff, community partners, and supporters whose commitment and compassion help us build a welcoming and inclusive community every day.

October is also Disability Employment Awareness Month (DEAM), a time to recognize and celebrate the valuable contributions of workers with disabilities while promoting greater inclusion and participation in Alberta's workforce. DEAM encourages employers and communities to create meaningful employment opportunities, embrace inclusive hiring practices, and recognize the abilities, talents, and potential of every individual.

As we give thanks this October, let us also reaffirm our commitment to a community where everyone is valued, abilities are recognized, opportunities are accessible, and everyone has the chance to contribute and succeed.

Happy Thanksgiving and Disability Employment Awareness Month!

Romeo Concepcion, CEO

Upcoming Events

October 12: Thanksgiving Day

October 6,13,20,27: Music and Me

October 7,14,21,28: Brushes and Beyond

Reminders

Please remember to make the appropriate changes with your transportation booking for the October 12, 2026 closure.

Staff Anniversary

Justinn B - 3 years

New client:

- Shanin
- Deliger



Creamy Fettuccine Alfredo Recipe

2 cups broccoli
1 tablespoon salt
1 pound fettuccine pasta
1 (16 ounce) jar four-cheese Alfredo sauce (such as Classico®)
2 tablespoons butter
1 tablespoon ground black pepper (Optional)
3 tablespoons grated Parmesan cheese (such as Kraft®), or more to taste

*Happy
Thanksgiving*



Directions:

Bring a pot of water to a boil. Cook broccoli in the boiling water until bright green and tender, 2 to 3 minutes. Drain.

Fill a large pot with water; add salt and bring to a rolling boil. Stir in fettuccine, bring back to a boil, and cook pasta, stirring 2 to 3 times using tongs, over medium heat until cooked through but still firm to the bite, about 10 to 12 minutes. Drain and return pasta to pot.

Mix broccoli, Alfredo sauce, butter, and black pepper into pasta using tongs. Transfer fettuccine Alfredo to a serving bowl and top with Parmesan cheese.

Fun Things to Do in Calgary This October

Calgary Flames Hockey: Catch NHL action at the Scotiabank Saddledome as the Flames host games through the month, including a matchup against the Seattle Kraken on October 1.



Celebrate Halloween at Pumpkins After Dark

September 25 to October 31

The annual, family-friendly, walk-through Halloween experience is back at WinSport. Browse more than 10,000 hand-carved pumpkins, see live carving demos and enjoy sweet treats.



Train of Terror

Starting on October 1, 2026

Canada's only moving haunted house is back with a vengeance! Do you have someone to join you or will you brave it alone?

Your evening begins when you check in at the train station. You and your friends will journey through three mazes all terrifying and unique in their own way. If you are one of the lucky ones that manage to escape, you are then invited onboard our moving train where you can grab your choice of liquid courage before embarking on the final creepy maze that's sure to be the scariest haunting you might ever come across.



Thanksgiving

Origin of Thanksgiving in Canada

Thanksgiving in Canada can be traced back to European explorers and settlers who arrived on Canadian shores in the 16th century. Martin Frobisher, an English explorer, is often credited with the first Canadian Thanksgiving celebration in 1578. He held a ceremony in Newfoundland to give thanks for his safe voyage across the Atlantic.

However, it wasn't until 1879 that Thanksgiving was officially declared a national holiday in Canada. Sir John A. Macdonald, Canada's first Prime Minister, proclaimed Thanksgiving to be a day of gratitude for a successful harvest. Since then, the second Monday in October has been designated as Thanksgiving Day in Canada. A big part of the tradition is the thanksgiving dinner wherein family and friends gather together and share sumptuous dinner. Relatively, we asked our individuals what's their favorite thanksgiving food.



"I love celebrating and eating turkey with family."- Matt

"I love Filipino food."- Julian



What is your favorite thanksgiving food that you always look forward to every year?

"I love turkey, fig fruit and pumpkin pie during thanksgiving dinner."- Niyousha



BE THANKFUL.
BE
Grateful
&
BE BLESSED.

"I like turkey, ham and meatballs that Debbie make."-Benny



"I like corn, ice cream and cake."- Marc



"My favorite is mom's chicken during thanksgiving."- Jayden

"I love fried chicken, coke and beans."- AYAK

"I like turkey, pizza and iced tea."- Kyle H.

"I like turkey, carrots and pumpkin pie."- Jim



SBC family picnic day held at SBC last Sept. 12, 2026

SBC's annual family picnic day was originally planned for an outdoor event at Stanley Park but due to the weather condition it was moved inside the SBC building.

But with the indomitable spirit of Springboard people. We never allowed the weather to dampen the party. SBC family day is a wonderful opportunity for us to come together in joy and fellowship. It allows us to connect outside the work setting, share laughter, and strengthen the camaraderie that truly makes SBC feel like Family.



END OF THE MONTH CELEBRATION



On September 29th, SBC had the End of The Month Party to commemorate the day of Truth and Reconciliation. A day of observance and acknowledgement. Program was held at the big room of Springboard Centre.

September 30, 2026, marks the sixth annual day dedicated to honoring residential school survivors, their families, and remembering the children who never returned home.



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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.