

CORE  
ASSOCIATION

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# Adult Services Newsletter



DECEMBER 2023

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CORE Association

CORE Kids on the Block

CORE Masters

## Community Services/Employment

December is here. It is a magical time of the year. We were really excited to have so many people come to midnight madness a few weeks ago. Thank-you to everyone for baking, volunteering, and stopping by to say hello. A big **THANK-YOU** to Santa for spending the evening with us as well. We are excited that he will be coming back for December 22nd in the afternoon for our Christmas gift exchange and party.

A few important dates to mention for December:

**December 18th:** Retirement celebration for Rita (more information to follow)

**December 22nd:** Christmas lunch starting at 1130am with the Christmas party in the afternoon (memo to follow).

**December 25/26 & January 1st:** The main building/CS program will be closed for the holidays.

December 29th will be a planning day for CS.

We would like to take this time to thank each of you for a wonderful 2023. Thank you for supporting us, and all the wonderful memories that this year has brought. We wish you a **Merry Christmas** and hope that the New Year brings you all peace, love and happiness. We can't wait to see what adventures await us in 2024.

**Happy Holidays** everyone.



## Christmas Tree of Sharing!

**Tree of Sharing provides a small gift** to children of CORE employees through the partnership of other CORE employees in the spirit of giving and celebrating the spirit of community.

Tree of Sharing will be set up in the Administration office of CORE on Monday December 4, 2023

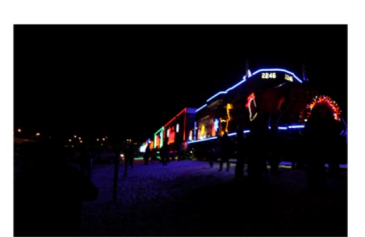
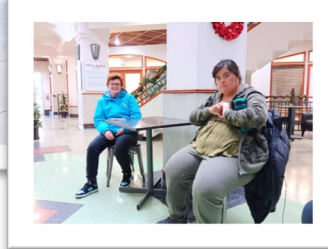
The CORE employee shopper takes a tag of their choice, buys the gift listed on the tag, wraps it and returns the wrapped gift and tag to Brad Connauton or Front desk prior to Friday, December 15, 2023. That gift will then go to the respective child.





## Activity Information

Many individuals are volunteering with the Salvation Army Kettle bells this Christmas Season. Look out for us in the mall!



We want to try a mediation, laughter yoga session. On December 19<sup>th</sup> 10:30-11:30. Please see memo as we need 8- 12 people to do this activity.

**The Holiday train will be coming...**  
**Dec. 19 3:15 p.m. - 3:45 p.m. Medicine Hat, Alta. with Dallas Smith and MacKenzie Porter**

## CORE MASTERS ADOVACY COMMITTEE (CMAC)

Self-Advocacy:  
Know Yourself,  
Know What You  
Need, Know How  
to Get It



CORE Masters has changed their next meeting to **December 13th**. It is open, in person, to all. A memo for hot lunch; chili and coleslaw, will be coming out about a week in advance

Congratulations to Corbin and Levi on their new employment positions. Also congratulations to Kayla and Kyle for obtaining employment as well. We are very proud you!

## CORE KIDS ON THE BLOCK PUPPETEERS



Corbin and Erik at IDPD 2022

This month for IDPD (International Day for Persons with Disabilities) on November 30, 2023, Aislinn, Marlene and Erik presented **Where's The Culture** at Mother Theresa School! They had 4 classes they are presenting to. Be sure to give a big high five when you see them next! IDPD is celebrated December 3 of each year all over the world.

[International Day of People with Disabilities \(idpwd.org\)](http://idpwd.org)



Corbin and Hayley at a school performance



## Art Classes

Artist Series: This month was Inspired by Van Gogh. Using acrylic paint and thickened medium and sand artists created interesting textures and surfaces. Participants created a simplified landscape painting inspired by Van Gogh. Participants learned fundamental art concepts such as perspective, color mixing, color theory, and were exposed to



many of Van Gogh's pieces. In December we will be creating individual Christmas tree decorations, then assembling them onto a wreath at the end over the three weeks of class.



## Kitchen News

**Hot Lunches** (Lunch cost \$7.50)

**Dec 4:** Hot hamburger sandwich mashed potatoes, peas

**Dec 11:** Pizza Buns & salad

**Dec 13:** CORE Masters Hot Lunch  
Cost to be announced

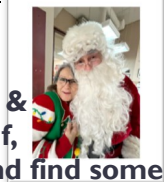
**Dec 22:** 11:30 Turkey Dinner for all of CORE to celebrate the holidays.  
Free



## Olde Tyme Christmas Fair & Christmas Farmers' Market

Thursday, December 7th, 2023

Enjoy a festive evening of free hay rides, hot dogs & hot chocolate, sitting by the campfire, and photos with the big man himself, Santa Claus! Don't forget to go inside the Cypress Center Auditorium to warm up and find some unique gifts at our Farmers' Market!



## Through the Lens

## Movie Review and Trivia

By: Clayton

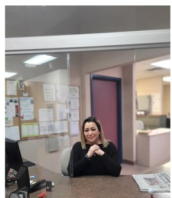


Photo Credit: Marlene

November we looked at taking portrait photos. We talked about



how to complete different looks. This from backgrounds, to how to position people and making people comfortable during the session. Next month we are exploring light(s).

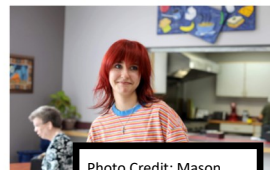
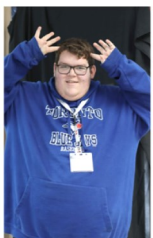


Photo Credit: Mason

The Marvels movie introduces new powers and new Super heroes characters. I likes the fight scenes and I liked the actors and actresses that played in it. People should go see this one



Trivia:

- At 1 hour and 45 minutes, this is the shortest MCU film to date. What used to be the shortest MCU film before this one at 1 hour and 52 minutes (Hint: There were two)
- Goose, Carol's pet Flerken who resembles a cat, is played by who?



# Staffing Updates

Welcome Sherry to the team as CORE's new Executive Director. We wish you all the best in your new role. Welcome to the family.



Karen-Ann retired in November and we will miss her smile very much. Wishing you all the best.



Thank-you to all our Volunteers for all you do. Here are a few



CS staff training day will be on December 29th, 2023. We will be reviewing programs .

Trivia Answer this month...

1. The Incredible Hulk (2008) and Thor: The Dark World (2013), at 1 hour and 52 minutes each.
2. Cats Nemo (4 years old) and Tango(11 years old), replacing previous actor Reggie (primary in other movies)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>WE have a few special Guests joining us this month:</b>  <u>The first on December 15th at 130pm(To be determined)</u>  <u>the second on December 22nd in the afternoon</u></p>			<p><b>Wear your Green or GRINCH gear on Dec. 15th</b>  <b>Dec. 22nd is Ugly Christmas Sweater Day....</b></p>		<p>1 <b>Am:</b> Swim, BMG, YMCA, Ladies get together  <b>PM:</b> BINGO, BMG</p>	2
3	<p>4 <b>Am:</b> Art, Cooking, BMG, YMCA  <b>PM:</b> Sign Language 1-2pm                      Music Trivia 2-3pm                      Puppets: 1-3pm                      Darts: 115-230pm Dayz off</p>	<p>5 <b>Am:</b> Mindfulness/ Life skills, Swim, Guys get together  <b>PM:</b> Swim, Art, Baking                      BMG Gym</p>	<p>6 <b>Am:</b> Pre-Employment class, BMG, Art  <b>PM:</b> Swim, YMCA, Puppets                      Puppets: 1-3pm</p> <p><b>Movie at Library 1pm</b></p>	<p>7 <b>Am:</b> Audio Books ( Harry Potter) Swim, BMG, YMCA Racquetball  <b>PM:</b> Swim, Bowling</p>	<p>8 <b>Am:</b> Swim, BMG, YMCA, Ladies get together  <b>PM:</b> BINGO, BMG</p>	9
10	<p>11 <b>Am:</b> Art, Cooking, BMG, YMCA  <b>PM:</b> Sign Language 1-2pm                      Music Trivia 2-3pm                      Puppets: 1-3pm                      Darts: 115-230pm Dayz off</p>	<p>12 <b>Am:</b> Mindfulness/ Life skills, Swim, Guys get together  <b>PM:</b> Swim, Art, Baking                      BMG Gym</p>	<p>13 <b>Am:</b> Pre-Employment class, BMG, Art  <b>PM:</b> Swim, YMCA, Puppets</p> <p><b>HOT LUNCH DAY</b>  <b>CORE MASTERS 10am to 11am</b></p>	<p>14 <b>Am:</b> Audio Books ( Harry Potter) Swim, BMG, YMCA Racquetball  <b>PM:</b> Swim, Bowling</p>	<p>15 <b>Grinch Day</b>  <b>Am:</b> Swim, BMG, YMCA, Ladies get together  <b>PM:</b> Grinch Movie afternoon and snacks</p> <p><b>Photography Club: 930-1130am</b></p>	16
17	<p>18 <b>Am:</b> Art, Cooking, BMG, YMCA  <b>PM:</b> Sign Language 1-2pm                      Music Trivia 2-3pm                      Puppets: 1-3pm                      Darts: 115-230pm Dayz off</p>	<p>19 <b>Am:</b> Mindfulness/ Life skills, Swim, Guys get together  <b>PM:</b> Swim, Art, Baking                      BMG Gym</p>	<p>20 <b>Am:</b> Pre-Employment class, BMG, Art  <b>PM:</b> Swim, YMCA, Puppets                      Library Puppets: 1-3pm</p>	<p>21 <b>Am:</b> Audio Books ( Harry Potter) Swim, BMG, YMCA Racquetball  <b>PM:</b> Swim, Bowling</p>	<p>22 <b>Christmas Lunch and Party</b></p>	23
24	<p><b>Closed for Christmas</b></p>		<p>27 <b>Am:</b> Pre-Employment class, BMG, Art  <b>PM:</b> Swim, YMCA, Puppets                      Library Puppets: 1-3pm</p>	<p>28 <b>Am:</b> Audio Books ( Harry Potter) Swim, BMG, YMCA Racquetball  <b>PM:</b> Swim, Bowling</p>	<p><b>Closed for Staff Training/ Development Day</b></p>	30

**Happy New Years See you Jan 2, 2024**

