

CORE

WHERE HEART MEETS COMMUNITY



October Newsletter

Welcome Autumn, we blinked and summer is now over. Summer was filled with lots of laugh, memories, celebrations, day trips and enjoying the sunshine as much as possible. We are

currently working on getting the new schedule ready for CS activities. An individualized schedule should be printed and sent home to everyone. Please let us know if you do not receive it so we can ensure you get the updated schedule. We are waiting for the reopening of the Big Marble Go swimming pool. Once we know the date we will add a few swimming days for people. We are also excited to say that Crestwood Pool is going to keep our Wednesday afternoon times open for us. This time is just for CORE which keeps the pool less busy and more

accessible for us. What a great community we live in working together.



We are on Facebook. Check out CORE Association and keep updated with our activities.

Our website is
www.coreassociation.ca

CONTACT INFORMATION

[\(403\) 527-3302](tel:(403)527-3302)
info@coreassociation.ca

412 3rd Street SE
Medicine Hat, AB T1A 0H1

Kitchen News

Monday Hot Lunch Service \$7.50

1130am-1230pm

October 7: Vegetable fried rice

October 21: Lo Mein

October 28: Soy Sauce Chicken and Rice

Tuesday-Thursdays

Sandwich: \$4.00

Soup: \$3.50

Muffin: \$1.50

Cupcake: \$2.00

Cookies: \$2.00

Coffee: \$0.50

Upcoming Activities/Classes

Sign Language will be starting on October 7th from 1-2pm. Brydon will help us build on our vocabulary each Monday.

Google Maps: Monday afternoons starting on October 7th from 2-245pm, we will be picking a place around the world using google maps and exploring it. We will keep track on our world map where we have been and places to visit.

Relax and Read Book

Club This small group will be grabbing their favorite blankets or pillows and setting up the small room with some lights to get ready for book Club. Set up will begin on October 1st from 1-230pm. They will be choosing a book and then each Tuesday spend the afternoon relaxing with a good book.

Employment Supports

Wednesday morning employment class is for people who are currently employed. They will be having classes once a week. Please talk to Pam M. if you need more information



Art Classes are starting up again in October. Please see the MEMO that went out and check your individual schedules for the time your art class is. There is Open Art Class Thursday afternoons for \$5.00. For more information, please contact Pamela B

Darts/Pool will be starting on October 7th and splitting the groups into two this year. One group will go to Days off Pub and play darts and pool from 130-230pm. The second group will go to Lizards Pub to play darts and pool. Please bring in a loonie to tip for the use of their area and darts board. Bring in money if you would like to get a drink or play the pool tables. If you would like to join, please contact Pam D so we can tell you which group to join.

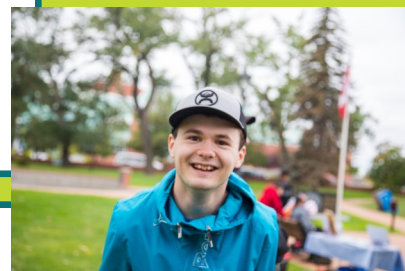
Mens Group meets Tuesday mornings. Please see their memos and schedules they send out



Transitioning into the work week Monday morning we will have the CF room with quiet music and a few activities (puzzles etc) to ease ourselves to start a new week. More items coming soon for some transitional bins/sensory etc. Just in starting stages.

CORE MASTERS (CMAC) continue to meet the third Wednesday of each month and have a hot dog day. Talking about current community resources, concerns as well as planning activities.

Puppets are meeting Tuesday and Thursday afternoons. Please see Dean for information on classes.



Photography Club will meet once a month on a Friday morning and explore using our cameras. Last year, we spent time with some safety, camera functions, and use of lighting and composition. This year we will explore more with light, photo booth ideas, as well as maybe panning and other techniques.

We continue to use the Big Marble Go for the gym (and swimming when it opens again). Crestwood Pool is on Wednesday afternoon for swimming.

Life Skills starting on October 10th at 930am in the CF room. We meet once a week and explore different skills, with at times guest speakers.

Ladies Group continues to meet Friday mornings. They will be coming up with a list of activities for the upcoming fall schedule.

CELEBRATING
70
YEARS

PROUDLY SUPPORTING INDIVIDUALS IN OUR COMMUNITY

SINCE
1954

Upcoming Community Activities/Events

By: Lauren



Medicine Hat Cowboy Poetry presents
WESTERN MUSIC & COWBOY POETRY EVENT
October 4-5, 2024
Medicine Hat College

Friday 7:00 PM
Open Mic

Saturday Noon
Afternoon Show
Silent Auction
Supper - Tickets

Saturday 7:00 PM
Evening Show

Greg Herman
Phyllis Rathwell
Dusty Dee Litchfield
Noel Burles

Tickets
Hale Hearing - 13th Ave Co-op
or Jen @ 403-529-6384
MHCPresident@gmail.com



4th ANNUAL GAS CITY OPRY
BLUEGRASS EDITION

In the Concert room with theater style seating
& limited table seating \$35 + GST
plus VIP seating \$50 + GST

OCT. 25, 2024
7:30 - 10 PM

Doors open at 6 PM so come early, save a seat in the concert area and gather in the Listening Lounge for food service and cocktails before the show.
For reservations call 1403 654-7282

LIQUID
LIQUID CONCERT & EVENT VENUE CONCERT ROOM
638 14 St SW, Medicine Hat
403-928-6478

FEATURING:
- BRAMBLE & THE ROSE
- CAPRON COUNTY CHICK WATCHERS
- CASEY JONES & THE TRAIN WRECK
- DEREK HINTZ TRIO
- THE THURSDAY NIGHT BLUEGRASS BAND
- WHEELS
and much more...

Staffing News

We will be celebrating staffing awards on October 25 for 5 year service and more. We have many valuable employees who have been with us for many years.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Am: Mens Group, 1 Snack Basket, Mall Pm: Puppets, Baking Class, Book Club, BMG Gym	Am: Art Class, 2 Employment Supports, BMG gym Pm: Crestwood Swimming, YMCA, Library	Am: Snack Basket, 3 BMG gym, Racquetball Pm: Bowling, Puppets, Art Class Drop in Class,	Am: YMCA, BMG gym, Library, Ladies Group 4 Pm: BINGO. BMG	5
6	7	8	9	10	11	12
	Am: Transitioning into the week, Gym, Cooking Class, YMCA., Art Class, Library Pm: Darts/Pool (Days off 130pm/ Lizards), Sign Lang. (1-2), Google Maps (2-245)	Am: Mens Group, 8 Snack Basket, Mall Pm: Puppets, Baking Class, Book Club, BMG Gym	Am: Art Class, 9 Employment Supports, BMG gym Pm: Crestwood Swimming, YMCA, Library <div style="background-color: #008080; color: white; padding: 2px; text-align: center;">Hamburger Lunch</div>	Am: Life Skills Class, 10 Snack Basket, BMG gym, Racquetball Pm: Bowling, Puppets, Art Class Drop in Class,	Am: YMCA, BMG gym, Library, Ladies Group Pm: BINGO. BMG	
13	14	15	16	17	18	19
	STAT DAY Thanksgiving 	Am: Mens Group, 15 Snack Basket, Mall Pm: Puppets, Baking Class, Book Club, BMG Gym	Am: Art Class, 16 Employment Supports, BMG gym Pm: Crestwood Swimming, YMCA, Library <div style="background-color: #008080; color: white; padding: 2px; text-align: center;">CMAC meet Hot Dog Lunch</div>	Am: Life Skills Class, 17 Snack Basket, BMG gym, Racquetball Pm: Bowling, Puppets, Art Class Drop in Class,	Am: YMCA, BMG gym, Library, Ladies Group Pm: BINGO. BMG <div style="background-color: #008080; color: white; padding: 2px; text-align: center;">Wally 130pm</div>	
20	21	22	23	24	25	26
	Am: Transitioning into the week, Gym, Cooking Class, YMCA., Art Class, Library Pm: Darts/Pool (Days off 130pm/ Lizards), Sign Lang. (1-2), Google Maps (2-245)	Am: Mens Group, 22 Snack Basket, Mall Pm: Puppets, Baking Class, Book Club, BMG Gym	Am: Art Class, 23 Employment Supports, BMG gym Pm: Crestwood Swimming, YMCA, Library	Am: Life Skills Class, 24 Snack Basket, BMG gym, Racquetball Pm: Bowling, Puppets, Art Class Drop in Class,	Am: YMCA, BMG gym, Library, Ladies Group Pm: BINGO. BMG <div style="background-color: #008080; color: white; padding: 2px; text-align: center;">Photography Club</div>	
27	28	29	30	31		
	Am: Transitioning into the week, Gym, Cooking Class, YMCA., Art Class, Library Pm: Darts/Pool (Days off 130pm/ Lizards), Sign Lang. (1-2), Google Maps (2-245)	Am: Mens Group, 29 Snack Basket, Mall Pm: Puppets, Baking Class, Book Club, BMG Gym	Am: Art Class, 30 Employment Supports, BMG gym Pm: Crestwood Swimming, YMCA, Library	Am: Halloween Movie Special 930am-1130am Photo Booth Pm: Monster Mash Dance 1-230pm <div style="background-color: #008080; color: white; padding: 2px; text-align: center;">Halloween Dance</div>		