



WHERE COMMUNITY MEETS COMMUNITY

September 2024

Adult Services Newsletter

September 2024

CORE has been preparing for CET Accreditation end of August 2024. The ACDS CET accreditation program is the recognized benchmark in the Community Disability Services sector. CET addresses aspects of life that are important to Albertans with developmental disabilities who need to access quality services.



CORE's board of directors approved the renaming of 13th Street Residence- "Rita's Cottage"

Picnic in the park is wrapped up for another summer...



Some day trips were planned this summer as well. We hope everyone enjoyed all their adventures.



CORE Association

Contact/Social Media

We are on Facebook, and you can see and share some of our activities.

Website:
www.coreassociation.ca

Phone: (403) 527-3302

Email: info@coreassociation.ca

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

Kitchen News: Let's get ready for the Fall! Sweater weather entices us to stay inside and enjoy comfort food! Cooking and baking classes start up in September with comfort foods as the theme.



Community Services



August was filled with a few adventures and spending time outdoors. We are very thankful to Crestwood Pool for making time for us to be able to swim each week while the BMG is closed. We will be keeping everyone updated on the fall schedules for classes as we sit down together this month. This August we had a few people to White Barn Farm by Brooks, and visit the animals, a trip to Echo Dale, and the Photography Group ending the month of by a trip to Birds of



Prey. Thank you to everyone who helped out with the community garden this year.



August Activities



Around the Community

PECHA KUCHA NIGHT

Starts at 7:30p.m.

Sep 6, 2024

Learn, share, meet. Pecha Kucha is all about growing community and developing a culture of understanding. Presenters will share their short 20 secs x 20 slides presentations on whatever it is that makes them tick. In the next volume presenters share all kinds of stories, from end of life doulas to tarot card truths. Bring friends and family as we celebrate culture days here at the Esplanade Arts and Heritage Centre. Everyone is welcome!

WALK TO CURE DIABETES

Registration at 10:00am with the Walk at 11:00am.

Sep 8, 2024

Kin Coulee Park on Sunday, September 8th. The Walk is the largest fundraising event in Canada that unites the type 1 diabetes (T1D) community and raises funds for T1D research. The Walk is a fun, engaging, and inspiring family-friendly event where participants, volunteers and sponsors come together to

change the future of everyone living with T1D.



POLKA FEST
Medicine Hat, Alberta
Held at : The Harmony Hall in Redcliff
1 - 1st Street SE
September 13 & 14, 2024
Friday: Dance 7pm -11pm
Lunch included \$30.00
Saturday: Dance 2pm-11pm
Dinner included \$55.00
Friday and Saturday \$80.00
Music by: The Willow Creek Band, Medicine Hat
& Len Gadica, Melville Sk.
Tickets & Information: Linda at 403-529-2496
Tickets: LaurieAnne's Fashions - Co-Op Mall, 13th Ave. SE.
Cash or cheque. No credit cards.

POLKA FEST

September 13 & 14, 2024 @ German Canadian Harmony Hall

CORNHOLE LEAGUE

Running mid September to mid December 2024

Sep 16

Dec 18, 2024

[Hosted by the South East Alberta Sundogs Cornhole League](#)

Come play North America's fastest growing sport – CORNHOLE! Players take turn throwing bean bags at a board with a 6" hole. A bag in the hole scores 3 points, one on the board scores 1 point. Play continues until a team or player reaches/exceeds 21 points.

ART IN MOTION

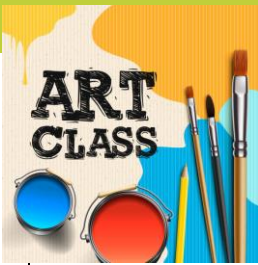
This year the **CORE kids on the block puppet group** will be participating in the Art in Motion event.

Art is on the move at key downtown locations including the Esplanade Arts and Heritage Centre, Towne Square, Riverside Veteran's Memorial Park and the broader downtown area.

Take in live art demonstrations, get hands on and create it yourself, and support local artisans by checking out the Open-Air Art Market. Enjoy live music and cultural performances or get in motion with many community groups!



Art in Motion
SAVE THE DATE!
SAT SEP 28 10 AM
Art Activities & Demos
+Family Fun
+Saamis Immigration SHINE
+Live Music



Art Classes will resume in October

Community Services Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CS CLOSED STAT	3 Am: Mens Group, mall PM: Baking Class, Com Activities	4 Am: Com Activities PM: YMCA , Swim, <u>Library</u> MOVIE , Puppets:	5 Am: BMG, YMCA, Racquetball, Com Activities PM: Bowling	6 Am: YMCA, BMG, Ladies Group PM: BINGO	7
8	9 Am: Cooking Class , BMG, YMCA PM: Puppets, Community Activities	10 Am: Mens Group, mall PM: Baking Class, Com Activities	11 Am: Com Activities PM: YMCA Swimming Puppets: Hamburger Day	12 Am: BMG, YMCA, Racquetball, Com Activities PM: Bowling	13 Am: YMCA, BMG, Ladies Group PM: BINGO	14
15	16 Am: Cooking Class , BMG, YMCA PM: Puppets, Community Activities	17 Am: Mens Group, mall PM: Baking Class, Com Activities	18 Am: Com Activities, CMAC PM: YMCA ,Swimming Puppets: Hot dog Day	19 Am: BMG, YMCA, Racquetball, Com Activities PM: Bowling	20 Citizen Walk About 10am-1pm	21
22	23 Am: Cooking Class , BMG, YMCA PM: Puppets, Community Activities	24 Am: Mens Group, mall PM: Baking Class, Com Activities	25 Am: Com Activities PM: YMCA ,Swimming, Puppets:	26 Am: BMG, YMCA, Racquetball, Com Activities PM: Bowling	27 Am: YMCA, BMG, Ladies Group PM: BINGO	28 ART IN MOTION-CORE participating
29	30 Am: Cooking Class , BMG, YMCA PM: Puppets, Community Activities	The September Schedule may change depending on Swimming times, as we await the reopening of the BMG.				

Special Olympics: Medicine Hat

It's time to register for the fall/winter session!
Want a direct link to register as an athlete? Here you go:
<https://forms.office.com/r/fmp4HKiPu3> Volunteers, we need you to register too. Go to <https://forms.office.com/r/4g6wTcnsV7>

Here are the details for the fall/winter sports:

- 🎳 5-pin bowling: Mondays from 4:15-5:45 p.m. at Panorama Lanes from Oct. 7-April 28 (\$15.25/week)
- 🎳 10-pin bowling: Thursdays from 4:15-5:45 p.m. at Panorama Lanes from Oct. 3-April 24 (\$15.25/week)
- 🏀 Basketball: Wednesdays from 4:30-5:30 p.m. at Hillcrest Church from Sept. 18-Nov. 13 (\$50)
- 🥶 Curling: Saturdays from 12-1:30 p.m. at Medicine Hat Curling Club starting Oct. 19 (end date and cost TBA)
- 🛼 Figure skating: Partnership with Cypress School of Skating (details TBA)
- 🏒 Floor hockey: Thursdays from 7-8 p.m. at Big Marble Go Centre from Nov. 7-Feb. 27 (cost TBA)
- 🏋️ Powerlifting: Mondays from 7-8 p.m. from March 3-April 28 (cost and location TBA)
- 🏊 Swimming: Mondays from 7-8 p.m. at Big Marble Go Centre from Oct. 7-April 28 (cost TBA) Coaches will reach out to registered athletes and volunteers.

<https://www.facebook.com/SpecialOMedHat>

◆◆ SUNSHINE ◆◆
BOWLING LEAGUE

STARTS - SEPTEMBER 11TH
4:30pm

1 Game - \$6.75
2 Games - \$11.75
Includes - \$0.50 prize money
\$5.00 Registration Fee
*Christmas & year end parties!

email - contact@panoramalanes.ca
or call 403-526-2008 to register!