



WHERE HEART MEETS COMMUNITY

NEWSLETTER

January 2026

Community Services

Welcome 2026! A new year with new ideas, activities and memories to be made. Thank-you to everyone for helping us each month with activities, ideas and growth. The art program is looking to collect “corks” from any of your “festivities” this past holiday season for art projects in February. Please let us know if you have any additions you would like to see to the newsletters.



International Day for Persons with Disabilities

Thank you to everyone who participated last month on December 3. With our allies, and community supports, we were able to reach our community with books about inclusion as well as knowledge on inclusion for people within schools and in our community. The theme Fostering disability - inclusive societies for advancing social progress, will carry through this coming year as we move forward. See you next December.

Kitchen

January Cooking Classes are Filipino dishes and are as follows:

- Jan 5th- Filipino Spaghetti (with Sweet Spaghetti Sauce)
- Jan 12- Baked Filipino Meat Empanadas and Salad
- Jan 19- Filipino Chicken Tocino
- Jan 26- Lumpia and Rice Baking Class- Squares



Price List
Hot Lunch: \$7.50
Sandwich: \$4.00
Soup: \$3.50
Muffin/Cupcake: \$1.50
Coffee: \$0.50
Cookie: \$2.00

Photo by Mitchell



www.coreassociation.ca

CORE Association on Facebook



(403) 527-3302



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

Community Garden

CORE will have a garden plot again this year and we look forward to all that would like to help with the garden.

Art Classes

Art continues to be very popular and we love seeing what they create. Thank you to Mark and everyone for making us our barn wood picture frames. They were so much fun to paint and decorate. Here is a look at January's schedule:

TEXTURE PAINTING

Monday January 12, 19, 26; 9:30 AM -11:30 AM.

Wednesday January 14, 21, 28; 9:30 AM - 11:30 AM

Thursday drop-in January 15, 22, 29; 1:00PM - 2:30

PM(Fees are \$5.00 per class payable that afternoon.)



Photo by Kevin

Photography Class

Water droplet photos were completed in November. We did not meet in December but look forward to trying more in the New Year, with more opportunities to showcase our work as well. Looking at creating emotions and shadows, spiral lights, frames, mirrors and more. Very proud of the work and the creativity the photographers complete in their photos.



Photo by Mason

CORE Kids on the Block Puppeteers

Thank you to Jeremy and the Puppeteers for participating in International Day for Persons with Disabilities.

Such a great job by everyone. In the New Year, Puppets are planning to do a show for friends and family at the library. Time and date are unknown at this time. It will be a good way to practice for when schools get us to come in. Miywasin will be helping CORE Kids on the Block with Indigenous scripts also. The details, time line and date for that will likely be closer to summertime.





CORE Association 2026 CASH Calendars are on sale. Calendars can be purchased at CORE (412 3rd Street SE), and also online via the following link: <https://square.link/u/VA3E7XS6> or by scanning the QR code

CORE Masters

In December, the CORE Masters Advocacy Committee reviewed the success of the Midnight Madness Bake Sale, which made approximately \$1100. CORE Masters has agreed to share 50% of the revenue of the bake sale with CORE projects. We also discussed the upcoming changes the Alberta Government has planned surrounding AISH and their new program, ADAP, and the impact this will have on people with disabilities in our province. Come join us on January 21st, as we draft a CORE Masters Code of Conduct for our committee and continue to discuss issues and concerns facing People with Disabilities in our community and province!

Mens Group

We have had such a great year filled with laughter, games, adventures and great memories. We are just finishing up our planning for the next few months so please watch for a memo coming home with activities for January. We meet each Tuesday morning, and are looking forward to 2026 adventures.



Ladies Group

Happy New Year from the ladies!!! As we enter into the New Year we are planning the upcoming Fridays. Stay tuned to hear what we planned and what is in store for our get togethers. Thank you to everyone for making Friday morning filled with friendship, comfort, and great memories

Movie Review by Clayton

This is the second of the series, and it will not disappoint you. Jason Bateman as Nick Wild is my favorite character. Nick alongside Judy investigate a mysterious reptile. What they discover goes deep undercover with laughter and a good storyline. This movie is really good and for everyone.



Fun Fact: Jason Played in another favorite movie of mine:
Teen Wolf 2 in 1987



The twelve days of Christmas

Congratulations to everyone who won a present from the twelve days of Christmas. A big thank you to CORE for supporting our staffing team in so many ways.



12 Days of Christmas



Welcome 2026



The January artist for the cash calendar is Cara.

Her beautiful Diamond art is showcased for this month. Still time to get your calendars!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					<p>Am: Musical Movie PM: New Years ball 1-3pm</p> <p>Masquerade ball</p>	
4	5	6	7	8	9	10
	<p>Am: Art, , Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool</p>	<p>Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA</p>	<p>Am: Life Skills, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library Free movie at Library 1pm</p>	<p>Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art</p>	<p>Am: BMG, YMCA, Ladies Group PM: Bingo,</p>	
11	12	13	14	15	16	17
	<p>Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool</p>	<p>Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA</p>	<p>Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library</p>	<p>Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes</p>	<p>Am: BMG, YMCA, Ladies Group PM: Bingo,</p>	
18	19	20	21	22	23	24
	<p>Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool</p>	<p>Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA</p>	<p>Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library CORE Masters meet Hot Dog Lunch</p>	<p>Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes</p>	<p>Am: BMG, YMCA, Ladies Group PM: Bingo,</p>	
	26	27	28	29	30	31
	<p>Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool</p>	<p>Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA</p>	<p>Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library</p>	<p>Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes</p>	<p>Am: BMG, YMCA, Ladies Group PM: Karaoke Photography Club 930-1130am</p>	

