



WHERE HEART MEETS COMMUNITY

NEWSLETTER

February 2026

Community Services

January always feels a bit longer than the other months, but as we move into February, it's sure to fly by quickly. With the Winter Olympics coming up, we'll be cheering on Team Canada and keeping track of the medals! If you have any Team Canada shirts or gear, feel free to wear them proudly — Go Canada Go!

Please also remember to dress for the weather. Winter coats, hats, mitts, and boots may be needed for activities.



Please Note

If you are sick or have an appointment and cannot come into CS, please call before 8:30 AM at (403) 527-3302 and leave a message so we can plan the schedule for the day.

If you are booking holidays in advance, please notify your CRW 2 ahead of time.

Kitchen

- Hot Lunch Monday: Pork Dishes
- Feb. 2: Honey Garlic Pork and Rice Bowl
- Feb. 9: Teriyaki Pork Stir fry
- Feb. 23: Ground Pork and Rice Skillet

Baking Classes: Cookies

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



Art Classes



February Art: Individuals will be working on creating projects using recycled materials. Cork projects aim to upcycle wine corks into useful or decorative items with goals to reduce waste, create unique decor, provide budget-friendly gifts, and develop fine motor skills. Objectives for crafting with old puzzle pieces centre on creativity, upcycling (sustainability), skill-building, and creating personalized decor or gifts. Finally, using pinecones and beads in art projects is multifaceted, ranging from fostering creativity and imagination to developing essential fine motor skills and promoting a connection to the natural world.

If anyone has more used puzzles or wine corks, the art program could still make use of them next month.



Mitchell's Photo Hung up at City Hall

The Photography Club met on January 30th to explore how emotions and lighting can enhance our photos. Once everything is completed, we'll be sharing our work on Facebook.

We are still waiting for a confirmed date for the reception at City Hall, where our photos are displayed alongside those from the Medicine Hat Photography Club.

Keep practicing your photography – the more pictures you take, the more your skills will grow!

Photography Class



Photo by Marlene



Thank-you Wally

CORE Kids on the Block Puppeteers



We got 2 new scripts from the Miywasin Friendship Centre. We have started looking at the scripts and have read through them to begin practicing.





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



Meeting on February 18th, we will likely be creating some Group Norms.

Hot Dog Day on February 18th as well

Online SRSAN Meeting on February 19th from 1:00 PM - 2:30 PM. (I can set up the laptop in the CF Room again)

Mens Group



Feb 3rd: CORE Curling Classic @ CS (we'll try out that curling game we got here!)

Feb 10th : Sports Day @ BMGC (finally booked it woot woot!)

Feb 17th : Games Day @ CS

Feb 24th : Movie Day and planning for March & April

Ladies Group



February 6 - Crafts

February 13 - Valentine's Baking

February 20 - Yoga/meditation

February 27 - Coffee at café Verve



Movie Review by Clayton



Kate Hudson and Hugh Jackman star in a movie about the rise to fame, and all the struggles in-between. A true story about "Lightning & Thunder," a popular Neil Diamond tribute band. From car accidents to money troubles, they rise up to open for Pearl Jam in 1995. Hugh is my favorite guy.

Fun Fact: High Jackman played Wolverine as well. Two very different parts.





The February artist for the cash calendar is Marlene. Her beautiful art work is showcased for this month. Still time to get your calendars!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Am: Art, , Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	3 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	4 Am: Life Skills, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library Cheeseburger Lunch Free movie at Library 1pm	5 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	6 Am: BMG, YMCA, Ladies Group PM: Bingo, Starting at 11:50am Watch Opening Ceremonies of Winter Olympics	7
8	9 Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	10 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA Watch Olympics and cheer for Team Canada	11 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library	12 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	13 Am: BMG, YMCA, Ladies Group PM :Valentines Dance	14
15	16 	17 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA Watch Olympics and cheer for Team Canada	18 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library CORE Masters meet Hot Dog Lunch	19 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	20 Am: BMG, YMCA, Ladies Group PM: Bingo, Starting at 11:50am Watch Closing Ceremonies of Winter Olympics	21
22	23 Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	24 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	25 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library PINK SHIRT DAY	26 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	27 Am: BMG, YMCA, Ladies Group PM: Karaoke Photography Club 930-1130am	28

Limited Edition Special Olympics Donuts are being sold in Alberta from January 30-February 1st 2026 with 100% of the proceeds going to Special Olympic programs. You can also pre-order them.