



NEWSLETTER

March 2026

Community Services

2026 seems to be moving fast. We had such great weather for the longest time, and then the cold front. Just a reminder to please ensure you are dressing for the weather. Winter can trick us that spring is here, but come back at any time. If you are not getting memos home, or information, please let us know. Don't forget to sign up for Night to Shine on March 7.



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

March Cooking Classes: Casseroles

2nd- Dolly Parton's 5 Ingredient Casserole

9th- Creamy Chicken Bacon Ranch Casserole

16th- Amish Country Casserole

23rd- Chicken Cordon Blue Casserole

30th- Shepherd's Pie Casserole

Baking Classes: Mini Loaves



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

Art Classes



Art for March will be working with different types of colorful clay, hand building and ceramics.



Photography Class



Photo by Mason



The Photography Club met at the end of January and worked on emotions and shadows. Using shadows, different colors of light, and different expressions made the morning fun. We also had our reception at City Hall to see all 44 photos that are now hung in City Hall. Congratulations to Mason, Kyle, Paul, Mitchell, Marlene, Duncan, and Erik. At the end of February we are looking at spiral lights.

Wally is still enjoying the sunshine down south. He will be on Zoom to sing to us on March 6 at 1:15pm. We hope you will join us



CORE Kids on the Block Puppeteers



The puppet program is looking forward to doing a new script with new puppets. These are aboriginal/ Metis puppets. They have been introduced to the puppets and read the script, which was written by a young Metis girl through Miywasin Friendship Centre. In the summer we will be launching a puppets in the park project. We will be doing three shows per week. Everyone is excited about the project.





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

- We will light up the Saamis Tepee for an entire week for World Down Syndrome Day (Starting Sunday March 15th through the night of Saturday March 21st)

Next Meeting is on March 18th, (Hot Dog Day that day as well)

Mens Group



Men's Group has done its planning for March and April activities! Make sure you pick up your Activity Schedule for March to see what our Gentlemen will be up to this month!



Ladies Group

- March 6-games day (bring in your favorite)
- March 13- Zumba/Yoga
- March 20-1st day of spring - Café Verve (weather dependent)
- March 27-art tour at the Esplanade (memo to follow)



Movie Review by Clayton

A movie about playing basketball but instead it is called Roar ball which is a full contact sport played by many animals. This movie is about Will, and he shows how small animals can play just as good. It is a good movie, which the family can enjoy.



Fun Fact: Listen carefully to the character Grizz. He is a famous singer ("I am not okay!") - Jelly Roll



Health and Wellness news for our Staff team



- The Employee Health & Wellness Committee is a group of staff who meet monthly to promote the health, wellness, and morale of all CORE employees. Some recent endeavors of the committee's include:
 - o Awarding an Employee of the Month from a different CORE site each month
 - o Surprising different CORE locations with coffee and donuts for employees
 - o Encouraging employees to participate in a Push Up Challenge for the Canadian Mental Health Association
 - o Various draws and raffles for employees to help fundraise for future committee events

· For February, Diana Kumeh from Community Services was awarded Employee of the Month. Honourable mentions were also awarded to Myia Hamerston and Lilly Nash-Craft. Thank you all for your outstanding commitment to making CORE a better place for the individuals we serve! The site chosen for March Employee of the Month is Heritage – stay tuned to see which deserving employee receives the award for this month!

· The committee stopped by Southridge Group Home in January, as well as 7th Avenue Group Home in February, to surprise employees with coffee and donuts to thank them for their great work.



· In February, the committee sold tickets to employees for a Valentine's Day basket, which was drawn for on February 13th. The lucky winner of this basket was Diane Morrison. Congratulations Diane!



· To stay up to date about what is currently going on, employees can keep an eye on their email, as well as the communication books at their location. There will be more to come from the Health & Wellness Committee soon!





The March artist for the cash calendar is Corrine.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
 <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 Cheeseburger Lunch 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, Wally Zoom 1:15pm</p>	<p>Night To Shine event</p>	
8	9	10	11	12	13	14
<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>		
15	16	17	18	19	20	
<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 Wear Green</p>	<p>Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library Hot Dog Lunch CORE Masters meet</p>	<p>Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes</p>	<p>Am: BMG, YMCA, Ladies Group PM: Dance Together Against Loneliness Dance Wear your mismatched socks, and lets celebrate together</p>		
<p>CMAC light up teepee for World Down Syndrome Day 15-21</p>						
22	23	24	25	26	27	28
<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>Photography Club 930-1130am Am: BMG, YMCA, Ladies Group PM: Karaoke</p>		
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>					

