

NEWSLETTER

April 2026

Community Services

Spring is here. March was a busy month with activities and birthday celebrations. Please check the calendar for dates we are closed, as well as upcoming activities. Please remember that the weather can be unpredictable mixed in with warmer days and a few cold in-between.



Kitchen

April Cooking Classes: Chinese Food

- April 13th- Teriyaki Chicken Fried Rice
- April 20th- Healthy Moo Shu Pork
- April 27th- Beef n Broccoli with Rice



Baking Classes: Bars

- April 7th- Coconut Bounty Cookie Bars
- April 14th - Cinnamon Roll Bliss Bars
- April 21st- Melt in your Mouth Chocolate Chip Bars
- April 28th- Queen Anne Bars

Please Note
 THE CS program will be closed on May 8th, 2026, as we will be hosting a tea that day. Please add this date into your calendars

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



Individuals will be working on creating projects using oil paint and oil pastels. We will work with various techniques such as: blending and layering, impasto and solvent techniques. The art projects will include an Easter collage, creating cherry blossom trees, a sunset silhouette canvas, and a large flowered still life with oil paints



Photo by: Kevin

We met at the end of February and did Lights. To get the photos, we had to pick the color of our light, set up the camera on a tripod and then turn off the lights. The support staff pressed the button on the camera while each person moved the light in the dark to capture their photo. For the end of this month we are trying to melt crayons on eggs for Easter. Wish us luck.

Photography Class



Photo by: Marci-Rae

CORE Kids on the Block Puppeteers

CORE

WHERE HEART MEETS COMMUNITY

Kids on the Block Puppeteers

Meet puppeteer Korilee! Kori loves spending time with her friends, listening to music, and watching TikToks. She's also a cheerleader and a talented singer.



<https://coreassociation.ca/core-kids-on-the-block/>
(403) 527-3302

We have been doing pictures and bios of puppets and puppeteers for the FB page. Please like and share our posts and page.

Puppeteers have been rehearsing the new scripts for the Indigenous performances that will be happening in the summer time.

CORE

WHERE HEART MEETS COMMUNITY

Kids on the Block Puppeteers
Meet The Troupe

Meet Eddy Franklin
Eddy is 10 years old and lives in Woodburn with his mother Erin, his father Howard and his older brother David, who has autism. Eddy likes to play baseball and write mystery stories. Eddy appears in scripts about Bullies and School Safety, and Autism.



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(403) 527-3302



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



CORE Masters Meeting & Hot Dog Day: April 15th
Online SRSAN Meeting likely: April 16th at 1:00 PM.

THANK-YOU to everyone that came out to the teepee on March 20 to celebrate together World Down syndrome day.



Mens Group

Apr. 7: Mall Day: If you would like to buy a snack/drink from the food court, please ensure you bring your own money.

Apr. 14: Library Day: a chill morning of reading, coloring, crafts, or computer games.

Apr. 21: Bowling: The cost of this activity will be \$6.50, which covers Shoe Rental and one game of bowling. If you would like to buy a snack/drink while there, please bring extra money to cover that!

Apr. 28: Movie Day & Planning: Come on down to CS for a morning movie with your peers! We will also be planning activities for May and June.

Ladies Group

April 10-comedy movie day and popcorn

April 17 - trying indoor curling and a few other indoor games

April 24th TBD watch for the memo.



Movie Review by Clayton

A young lady who loved animals used science to transform her mind into a robotic beaver. Trying to save their homes from humans. She recruited friends like bears, ducks, and deer to help. A good movie that is good for the whole family.



Fun Fact: Pixar's 30th feature film, was originally conceived with penguin protagonists rather than beavers, but director Daniel Chong changed it after research showed beavers act as crucial "ecosystem engineers"



BAKED

with love

*A Fundraiser for CORE Association
proceeds going to the new sensory home*



**WE NEED YOUR HELP AS WE ARE
HAVING A TEA AND BAKE SALE
ON MAY 8TH. WE ARE ASKING FOR
BAKED GOODS. THEY CAN BE**

DROPPED OFF:

MAY 7TH: 2-4PM

MAY 8TH: 830-10AM



SPRING TEA AND BAKE SALE

FRIDAY MAY 8, 2026

312 3RD STREET SE


11AM - 2PM

\$10.00 PER TICKET

*Indulge in the
Charm of
Tradition and
Elegance!*



The April artist for the cash calendar is Marlene. Her photo taken at the zoo is showcased for this month. Still time to get your calendars!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Am: Life Skills, BMG, Art, BMG 1 PM: BMG, Crestwood Swim, YMCA, Library Cheeseburger Lunch Free movie at Library 1pm	Paint with Painter Girl Am: Music and 2 movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art 	3  Sorry We're CLOSED	4
5	6  Sorry We're CLOSED	7 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	8 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library	9 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	10 Am: BMG, YMCA, Ladies Group PM: BINGO	11
12	13 Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	14 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	15 Hot Dog Lunch Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library CORE Masters meet	16 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	17 Am: BMG, YMCA, Ladies Group PM: BINGO	18
19	20 Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	21 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	22 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library	23 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes	24 Photography Club 930-1130am Am: BMG, YMCA, Ladies Group PM: Karaoke	25
26	27 Am: Art Class, Cooking Class, YMCA, BMG PM: Sign Language/ Google Maps, Darts/pool	28 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	29 Am: Life Skills, BMG, Art Class, BMG PM: BMG, Crestwood Swim, YMCA, Library	30 Am: Music and movement, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Classes		