

NEWSLETTER

July/ August 2026

Community Services

What a great month we had in June with lots of activities. Thanks to Corrine, Kevin and Laurie for representing CORE at the Film Festival. Congratulations to the 11 individuals who attended Battle of the Agencies in Cardston and brought home the trophy. We are all so proud of you all. We are also thankful for another year at Hills are Alive in Elkwater. The CORE Kids on the Block Puppeteers have started their summer time program in the parks. They are doing wonderfully. We are looking

forward
to the summer
months.



Kitchen

Cooking Class: Greek (July) and then Skillets (August)

July 6th- Chicken Meatballs with Lemon Orzo

July 13th- Roasted Garlic and Spinach Pizza with Greek Salad

July 20th- Baked Ziti with Ground Beef

July 27th- Chicken Meatloaf with Tzatziki Sauce and Lemon Roasted Potatoes

August 10th- Sausage and Veggie Skillet

August 17th- Unstuffed Pepper Skillet

August 24th- Chicken Orzo Skillet

August 31st- Cheesy Meat and Potato Skillet

Baking Class: Squares (July), Cookies (August)



Please Note

With the summer months here, the weather can change quickly. Please ensure sunscreen, bug spray, hats, and water bottles are brought each day. Please label items with names as well.



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



Hey everyone, the CORE cleaning Team will again be cleaning tables for the Medicine Hat Stampede this year. One change is that they have moved us to the tent by the free stage. Drop by and say HI and sit and eat your food with us. We keep a clean and friendly area.
Hope to see you all there July 22-25. YE HAW GO TEAM GO



Art Classes

"July is an exciting opportunity to reconnect with nature and create unique and intriguing projects where we foster environmental awareness. We encourage everyone to be hands on, have fun, & don't be afraid to get a little dirty!

Throughout the month of August, we will take inspiration from "Neo-Plastism" and go back to the basics by only using primary colors, right angles, and straight lines. By color blocking, we will be creating a Visual Impact that will differ each week."



Photo by: Erik

Photography

We are taking a break for the summer months. Keep taking your photos and practice what we have been learning and trying. Marci-Rae, Mitchell, Erik and Mason S have entered into a World Photography contest. My Perspective is an international photographic competition for people who have Down Syndrome. We wish them all the best and are proud of them for entering.



Photo by: Marci-Rae

CORE Kids on the Block Puppeteers

Puppets has been going great! There has been a lot of progress with the script, props and the puppeteers' ability to engage children in the story. There were many children at the park who watched the shows this last Tuesday at Strathcona Park .

They all were super excited about the coloring books and thought the puppets were fantastic. Many were asking to try the puppets on. Some of the teachers were very intrigued as well and talked about the possibly of the puppet shows coming to the school at some point in the new school year.





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 are not going to be meeting nor doing Hot Dog Day for the month of July. We will resume in August to discuss any last-minute details about the Citizen Walk About.

Save the Date: September 4th Citizen Walk About!

Mens Group

July Guys Group Activities:

July 7th: Mall Hangout at Medicine Hat Mall

July 14th: Morning Karaoke at CS

July 21st: Movie Day at CS

July 28th: Kickball & Park Games at Central Park

August Guys Group Activities:

Aug 4th: Bowling at Panorama Lanes

Aug 11th: Watch Special Olympics at BMGC (Park Games at Central Park as alternate)

Aug 18th: Movie Day & Planning for September/October

Aug 25th: Park Games at Strathcona Park



In the instance that the weather is not nice enough to go outside (too hot/rainy), we will be having an alternative activity of Indoor Curling at CS instead.

Ladies Group

July 3 - Coffee Outing

July 10 - Fun and Gamez Arcade

July 17 - Chili Lunch \$5.00 fee

July 24 - Pancake brunch

July 31 - Park/planning day

Watch for memos coming out in August and remember our outdoor activities are weather permitting.

August 7 - Picnic and painting in the Park

August 14 - Hair day

August 21 - Summer drinks, treats, and crafts

August 28 - Ice cream treat day



The July artist for the cash calendar is Mitchell. His photo taken downtown Medicine Hat and is showcased for this month. Still time to get your calendars!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 We are having 4 people go to Hooplas and Ice Cream Floats Monday afternoons throughout the summer. The schedule is completed and all spots are full.			 1 	2 Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	3 Am: BMG, YMCA, Ladies Group PM: BINGO	4
5	6 Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	7 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	8 Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library Stampede Queen & Princesses 10:15am	9 Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	10 Am: BMG, YMCA, Ladies Group PM: BINGO	11
12	13 Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	14 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA Medicine Hat Mavericks 1-2pm Ball diamond	15 Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library	16 Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	17 Am: BMG, YMCA, Ladies Group PM: BINGO KONA ICE 1-2pm	18
19	20 Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	21 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	22 Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library	23 Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art Stampede Parade	24 Am: BMG, YMCA, Ladies Group PM: BINGO	25
26	27 Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	28 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	29 Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library	30 Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	31 Am: BMG, YMCA, Ladies Group PM: Karaoke	



The community garden has been doing well with all of the rain we have had in June and staff are checking in on it regularly.



The August artist for the cash calendar is Mason. His photo taken overlooking Echo Dale and is showcased for this month. Still time to get your calendars!



Congratulations on finishing the River Run

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	 3	4	5	6	7	8
		Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library Cheese Burger day	Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	Am: BMG, YMCA, Ladies Group PM: BINGO	
9	10	11	12	13	14	15
Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library	Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	Am: BMG, YMCA, Ladies Group PM: BINGO		
Special Olympics Games this week						
16	17	18	Hot Dog Day Am: Summer 19 Safety/Gardening, CMAC meet, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library Kickball tournament Lethbridge	20	21	22
Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA		Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	Am: BMG, YMCA, Ladies Group PM: BINGO		
23	24	25	26	27	28	29
Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)	Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	Am: Summer Safety/Gardening, BMG, Art, BMG PM: BMG, Crestwood Swim, YMCA, Library	Am: nature/birds and plants class, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	Am: BMG, YMCA, Ladies Group PM: Karoke		
30	31					
Am: Art Class (In the park Strathcona) Cooking Class, YMCA, BMG PM: Park(s)						







CORE Puppets in the Park - July 2026

See the **CORE Kids on the Block Facebook Page** for more information and updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2 Central Park 10:00 AM	3	4
5	6	7 Big Marble Go Center 10:00 AM + 10:45 AM	8	9 Ross Glen Waterpark 10:00 AM	10	11
12	13	14 Lions Park Veiner Centre Playground 10:00 AM + 10:45 AM	15	16 Southridge Saamis Rotary Park 10:00 AM + 10:45 AM	17	18
19	20	21 Strathcona Playground 10:00 AM + 10:45 AM	22	23 Central Park Waterpark 10:00 AM + 10:45 AM	24	25
26	27	28 Strathcona Playground 10:00 AM + 10:45 AM	29	30 Kin Coulee Playground (skatepark entrance passed baseball diamond) 10:00 AM	31	

Medicine Hat CORE

Get ready for a summer full of fun! This July, Tuesdays and Thursdays, Puppets in the Park is bringing lively, family-friendly performances to Central Park, Big Marble Go Centre, Ross Glen Waterpark, Lions Park Veiner Centre Playground, Strathcona Waterpark, and Kin Coulee Playground near the skatepark entrance gate. Children of all ages can enjoy cheerful puppet shows, special visits from Kona Ice, and creative coloring booklets to take home or enjoy together at the park. Throughout the month, we also hope to respectfully introduce sacred and sensory items such as a Métis sash, handmade hide moccasins, and the scent of sage.

- Lively puppet performances for children of all ages
- Special visits from Kona Ice
- Creative coloring booklets to enjoy at the park or take home
- Respectful cultural learning through sacred and sensory items

The excitement continues in August! Puppets in the Park will keep the summer fun going with joyful performances at Central Park, Ross Glen Waterpark, Lions Park Veiner Centre Playground, Strathcona Waterpark and at CORE Association for Downtown Days! Families are invited to come out, laugh, learn, and enjoy puppet shows designed for children of all ages, plus special visits from Kona Ice and engaging coloring booklets for extra fun. During the month, we also hope to gently share sacred and sensory items such as a Métis sash, handmade hide moccasins, a ribbon skirt, sage, and more.

- Joyful puppet shows for children and families
- Opportunities to laugh, learn, and enjoy time together
- Special visits from Kona Ice
- Sacred and sensory items shared in a respectful, welcoming way



CORE Puppets in the Park - August 2026

See the **CORE Kids on the Block Facebook Page** for more information and updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Strathcona Playground 10:00 AM + 10:45 AM	5	6 Central Park 10:00 AM	7	8
9	10	11 Lions Park Veiner Centre Playground 10:00 AM + 10:45 AM	12	13 Ross Glen Water Park 10:00 AM	14	15
16	17	18	19	20	21 Downtown Days @CORE	22 Downtown Days @CORE
23	24	25 Central Park 10:00 AM + 10:45 AM	26	27 Southridge Saamis Rotary Park 10:00 AM	28 Medicine Hat	29 CORE
30	31					

If you are going to be away for holidays please let us know so we can plan the schedule

