

NEWSLETTER

September 2026

Community Services

In the blink of an eye summer came and went. What a great summer filled with good weather, outside activities and a few events. The Special Olympics summer games brought so much energy to our city, and we loved stopping by events and seeing the photos and videos being shared. Great job to all the volunteers and organizers for making this happen. We had Kona Ice, ice cream, monthly BBQs and lots of smiles. We will be meeting in September to come up with the fall schedule that will start in October. Please reach out to your

DSW 2s for your scheduling options. We are also looking into going to the Corn Maze again this year.



Exciting News!

A big shout out to the Big Marble Farms workers, employees of the month. We are so proud of hearing all the great work you are doing. We are proud of each of you.



Kitchen

September Theme: Back to School (Chicken dishes)

14th-Baked Chicken Ricotta Meatballs with Spinach Alfredo Bliss

21st-Garlic Parmesan Chicken Meatloaf with Mashed Potatoes

28th- Maple Dijon Chicken and Sweet Potato Bowls

Baking Class: 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



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Art Classes



September's art class is all about unlocking the creative potential of the unconscious mind by exploring Surrealism.

By utilizing watercolors, we will be blending bizarre, dreamlike imagery with unexpected juxtapositions and spontaneous creation methods.

I look forward to all the unique perspectives that come with the 4x projects next month .



Photography

Congratulations to Erik on being a finalist for his portrait photo he took for the My Perspective Photography contest. This contest is an international photography contest for people with Down syndrome, and his piece was picked with a few others from around the world. The winner will be announced in September 2026. Also starting on September 11 in a New York City gallery, Erik's photo alongside others will be in an art exhibit called, Assume I Can.



CORE Kids on the Block Puppeteers

Puppets in the Park (Stories in Saratoga park) wraps up August 27/2026. It has been an exceptionally great experience for the puppeteers who did great work sharing the stories of Saratoga park to many children over the last 3 months. In addition, the Co-ordinator of the program and all other staff involved did amazing work to make this program and story come alive.

Starting in September, puppets will resume on Tuesdays and Thursdays in the afternoons as it was prior to the summer. See you all then!





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

CMAC Meeting will be held on September 16. Wendy Ebach will be reviewing Rights & Responsibilities Policies, and the Committee's Terms of Reference. This will be our next hot dog day as well. The Citizen Walk About will be Friday, September 4th from 10:00 AM to 2:00 PM at Rotary Park this year.

Mens Group

Sept 1st: Mall Day

Sept 8th: Games Day at CS

Sept 22nd: Basketball and Sports at BMGC (outdoor day if booking is not possible)

Sept 29th: Central Park Hangout and Games

October 6th will be the planning day for October and November, followed by a movie.



Ladies Group

September 4th - Citizen Walk About

September 11th - Coffee/snack at The MT Nest Café

September 18th - Movie and popcorn (October planning)

September 25th - Central Park/Police Point



The September artist for the cash calendar is Kevin. His photo was taken using a fish tank filled with water and fruit. We dropped it at different heights as well. Still time to get your calendars!



Congratulations to Kori and David for winning MVP awards at kickball in Lethbridge



Also a shout out to Dawn for playing extra positions in the game. Great job to everyone, a fun day was had



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	2 Am: lifeskills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library <i>Cheese Burger day</i>	3 Am: Music/movement, Basketball, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	4 <i>CITIZEN WALK ABOUT</i>	5
6	7 Am: Art Class Cooking Class, YMCA, BMG PM: Park(s)	8 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	9 Am: lifeskills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library	10 Am: Music/movement, Basketball, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	11 Am: BMG, YMCA, Ladies Group PM: BINGO	12
13	14 Am: Art Class Cooking Class, YMCA, BMG PM: Park(s)	15 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	16 Am: lifeskills, BMG, Art, CMAC meet, PM: BMG, Crestwood Swim, YMCA, Library <i>Hot Dog Day</i>	17 Am: Music/movement, Basketball, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	18 Am: BMG, YMCA, Ladies Group PM: BINGO	19
20	21 Am: Art Class Cooking Class, YMCA, BMG PM: Park(s) <i>WALLY: 1:15PM</i>	22 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	23 Am: lifeskills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library	24 Am: Music/movement, Basketball, BMG, Snack Basket PM: Puppets, Bowling, Drop in Art	25 Am: BMG, YMCA, Ladies Group PM: Karaoke Birthday Celebration	26
27	28 Am: Art Class Cooking Class, YMCA, BMG PM: Park(s)	29 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	30 Am: lifeskills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library			







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This summer, Puppets in the Park was full of big smiles, funny moments, creative ideas, and lots of learning! All season long, we celebrated the beautiful cultures of Indigenous and Métis peoples through stories, puppets, art, colouring books, and hands-on fun. We shared stories written by the Saratoga Park relatives and gave out hundreds of colouring books inspired by our Cree/Métis puppets and their meaningful way of life. Kids got to laugh, imagine, ask questions, and discover new things, while youth connected with culture, creativity, and community. Our amazing puppeteers worked hard to teach, inspire, and entertain everyone who joined us. It was a summer packed with imagination, friendship, learning, and special moments we will remember. A huge thank-you to our puppeteers and Jeremy for showing up with big hearts, working hard, and helping make something wonderful for others!

