

NEWSLETTER

October 2026

Community Services

Welcome Autumn. What a fun filled summer was for 2026. Filled with long lasting memories and new adventures we had. The fall/winter schedule will be starting in October. Please check your schedules, and if you do not have an updated one please let us know. October is Disability Employment Awareness Month (DEAM), and ADHD Awareness Month. A few days to note in Canada; October 6 is World Cerebral Palsy Day, World Mental Health Day is October 10th, as well as World Sight Day. Enjoy the fall colours around the city, and don't forget check us out on Facebook



Reminder!

Fall is officially here. Please be mindful to check and dress for the unexpected. It can be cooler in the morning and hot in the afternoon.



Kitchen

Cooking: Comfort Foods
5th- Pierogi Casserole
19th- Cheesy Garlic Bread Sloppy
Joe Melts with Garden Salad
26th- Smashburger Quesadillas

Baking Class: Squares

Price List

Hot Lunch: \$7.50
Sandwich: \$4.00
Soup: \$3.50
Muffin/Cupcake: \$1.50
Coffee: \$0.50
Cookie: \$2.00

Photo by Kevin



www.coreassociation.ca

CORE Association on Facebook



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412 3rd Street SE, Medicine Hat, AB T1A 0H1



Art Classes

As the crisp Autumn air settles in, we will bring the warmth of the harvest into our Art Room and create some texture-rich, projects focusing on the upcoming Festivities.

This October, we will prioritize simple, fun Thanksgiving & Halloween assignments where we will be playing with color theory, high contrast scenes, & creating blueprints to construct different projects.



CORE Masters

A massive thank you to everyone who showed up and/or helped out at September's Citizen Walk-About! We hope everyone had an enjoyable afternoon of speeches, live music, dancing, and games!



We also want to acknowledge and thank CORE's own Kevin B and Corrine K for their amazing speeches they gave that morning. Another massive thank you to our partners in this event, REDI Enterprises & Next Step Residential Services, for the amazing work they did for this year's Citizen Walk-About and for all the amazing work they continue to do in our community!

Election time is here.

The posters are completed and the campaign has begun.



We meet again on October 21st for our CORE Masters Election. Hot Dog Day will also be on October 21st.

CORE Kids on the Block Puppeteers

Puppets recently wrapped up "Stories at Saratoga Park with three performances at Art In Motion. Great work to the puppeteers and everyone involved!

Additionally, On September 30th for Truth and Reconciliation Day, there will be a puppet show at CORE (Community Services) that will be held in the AC room at 11:00 am.

In October, the puppet program will continue with the puppeteers practicing scripts for future performances! 😊





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

Photography

Photography will be starting in October. We were gifted a camera and accessories for the group to use. It is one Friday a month from 930am-1130am. The outline of the year has been completed, and we are excited for the photos to be taken. October we will be outside, so please dress for the weather.



Mens Group

On Tuesday, October 6th, Guys Group will be meeting to plan our October and November activity schedule, followed by a Spooky Halloween Themed Movie Morning. Make sure you get your October Guys Group Schedule to see all the fun & frightful activities our gentlemen will be doing.



Ladies Group

Oct 2 - Mall for coffee and shopping for craft supplies at Dollarama

Oct 9 - Thanksgiving and Halloween crafts

Oct 16 - Tour and selfies at Spirit of Halloween

Oct 23 - Halloween baking

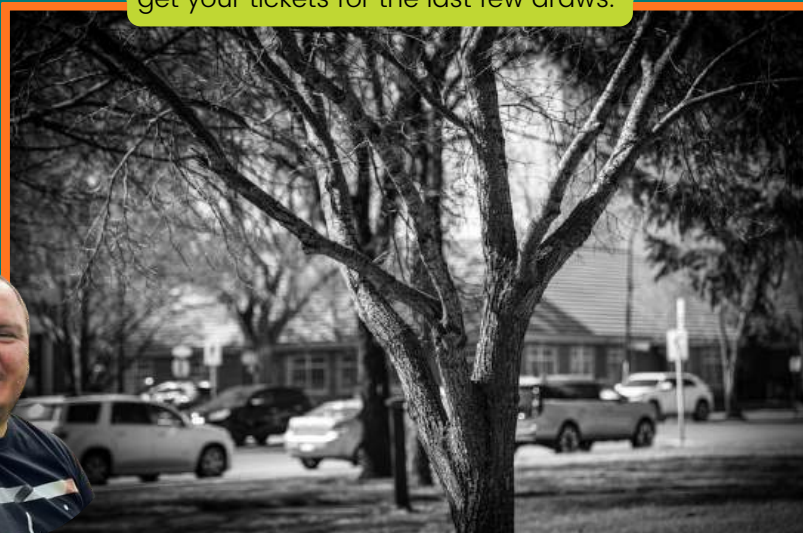
Oct 30 - Halloween party with our homemade treats



"I'm so glad I live in a world where there are Octobers."
~ L.M. Montgomery ~



The October artist for the cash calendar is Kyle. His photo was taken downtown as we explored Street Photography. Still time to get your tickets for the last few draws.



Congratulations to Ariann and Tim for their latest run! We sure have loved seeing the different events you do together.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Am: BMG, YMCA, Ladies Group PM: BINGO	3
4 	5 CORN MAZE Am: Art Class Cooking Class, YMCA, BMG PM: Darts/Pool, Sign language(1-2), Google Maps (2-3)	6 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	7 Am: Life skills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library, Art Cheese Burger day	8 Am: Music/movement, BMG, Art,Snack Basket PM: Puppets, Bowling,	9 Am: BMG, YMCA, Ladies Group PM: BINGO	10 
11	12  STAT 	13 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	14 Am: Life skills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library, Art	15 Am: Music/movement, BMG, Art,Snack Basket PM: Puppets, Bowling,	16 Am: BMG, YMCA, Ladies Group PM: BINGO	17
18	19 Am: Art Class Cooking Class, YMCA, BMG PM: Darts/Pool, Sign language(1-2), Google Maps (2-3)	20 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	21 Am: Life skills, BMG, Art, CORE Masters PM: BMG, Crestwood Swim, YMCA, Library, Art Hot Dog Day	22 Am: Music/movement, BMG, Art,Snack Basket PM: Puppets, Bowling,	23 Am: BMG, YMCA, Ladies Group PM: Karaoke Photography Class 930-1130am 	24
25	26 Am: Art Class Cooking Class, YMCA, BMG PM: Darts/Pool, Sign language(1-2), Google Maps (2-3)	27 Am: Mens Group, BMG, Snack Basket PM: Baking Class, Book Club, Puppets, BMG, YMCA	28 Am: Life skills, BMG, Art, PM: BMG, Crestwood Swim, YMCA, Library, Art	29 Am: Music/movement, BMG, Art,Snack Basket PM: Puppets, Bowling, 	30 Am: Halloween Movie Pm: DANCE/PARTY Halloween Dance	

