CORE

WHERE HEART MEETS COMMUNITY

NEWSLETTER

November 2026



Community Services

We are well into fall season and the weather can change quickly. so please be mindful and check the weather to dress for it. Midnight Madness is coming on November 20th. Save the date. We will need baked goods, as well as some help with activities. Remember November 2 the nurse will be here for the Flu and Covid shots if you signed up.





Kitchen



Deconstructed Dishes
2nd- Homemade Big Mac Bowls
9th- Egg Roll in a Bowl
16th- Smash Burger Bowl
23rd- Pizza Bowls
30th- Chicken Fajita Bowl

Baking Class: Cookies



www.coreassociation.ca
CORE Association on Facebook
(403) 527-3302
412 3rd Street SE, Medicine Hat, AB T1A 0H1

Art Classes





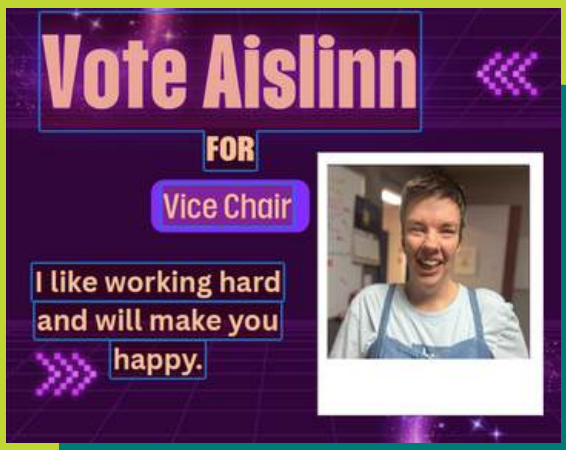
November represents a captivating contrast between the warm autumn hues and the deep, crisp tones of the winter season.
We will be exploring watercolor fluidity and moody, soft pastels with a different project each week.
Everyone will surely enjoy diving into the deep, quiet energy of the approaching winter season.



CORE Masters (CMAC)

We made our posters, made our speeches and voted for the 2026/2027 board for CORE Masters. Thank you to everyone for all the hard work. Congratulations to everyone for participating in the vote:
Chariperson: Kevin
Vice Chair: Mitchell
Secretary: Corrine
Treasurer: Erik
We talked about things they would like to learn about as well as ideas for activities. Great job to everyone.





CORE Kids on the Block Puppeteers

International Day of Persons with Disabilities (IDPD) is quickly approaching in December, and the Puppeteers have begun preparing for the big day. They continue to rehearse, practice their skills, and look forward to presenting all upcoming shows!



Stay tuned... 2027 Cash Calendars coming soon



Photo by Mason

Photography

Photography Group has started with some Halloween fun in October, with Pumpkin heads and ghost photos downtown. The Outline for the upcoming year was sent home as well. We look forward to taking Santa Photos again for Midnight Madness on November 20th, so stop in to see us.


Photo by Linda



Mens Group

November 3rd: Water Treatment Plant
November 10th: Mall
November 17th: BMG Gym
November 24th: Planning day and activities at CORE



Ladies Group

November 6: Arcade Day Fun and Gamez
November 13: Potluck lunch – Meal TBD
November 20: Bell Ringing Salvation Army
November 27: Day of Beauty and movie



"The trees may be bare, but November is rich with warmth, gratitude, and reflection."





The November artist for the cash calendar is Duncan. His photo was taken downtown as we explored editing photographs with lightroom. Still time to get your tickets for the last few draws.





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