

CORE Highlights

"Love yourself first, and everything else falls into place."
—Lucille Ball



Discover This Month

October brings a soft coastal glow, inviting us to slow down, connect, and reflect. In this month's CORE Highlights, discover helpful resources, uplifting stories from our Independent Living and In-Home Respite services, and ways to share the season's light. Let's shine together.

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English Newsletter Audio:
Click the button or scan the
QR code.

Highlights...



**Sign Up: Ventura County
Alerts**
See page 1.



Spooky Movie Nights
See page 2.



**Employee Highlight:
Frankie**
See page 3.

Community Resources

All
Resources
are FREE!

Explore Ventura County events and resources to stay connected and supported.
Click a button or scan a QR code to learn more.



Respect the Rincon Parkway Beach Cleanup

Saturday, October 11, 2025 | 8:30 AM - 10:30 AM

Location: Sign up to see exact location

① Free volunteer beach cleanup to remove trash and microplastics, protecting marine life.



[Click Here](#)



Seaside Movie Night: Hocus Pocus

Saturday, October 11, 2025 | 5:30 PM - 8:30 PM

Location: Ventura Harbor Village

① Free outdoor movie night showing Hocus Pocus, live DJ, snacks vendors; costumes welcomed.



[Click Here](#)



Victorian Halloween

Sunday, October 12, 2025 | 11:00 AM - 3:00 PM

Location: Olivas Adobe, Ventura

① Free Victorian-era Halloween with ghost stories, séance, fortune-tellers, and historic traditions.



[Click Here](#)



Game On! Board Games

Sundays, October 5, 12, 19, & 26, 2025 | 11:00 AM - 1:00 PM

Location: Hill Road Library, Ventura

① Free playtime with 35+ board games for everyone.



[Click Here](#)



Sign Up: Ventura County Alerts.

Ongoing | Sign up anytime

Location: Online at www.vcalert.org

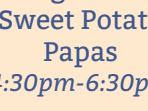
① Free emergency alert system for Ventura County. Get notifications by phone, text, or email about evacuations, weather, or safety threats.



[Click Here](#)

October 2025

Events & Activities

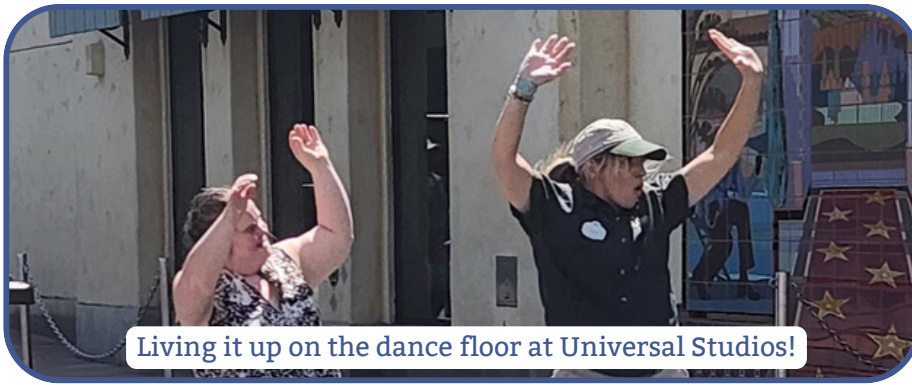
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Cooking Class with Cynthia: Taco Dorada 4:30pm-6:30pm 	2	3 Spooky Movie Night 4:30pm-6:30pm 	4 Games & Anime Club 11am-1pm 	5
6	7 Pumpkin Patch Day 	8 Cooking Class with Debby: Taco Lasagna 4:30pm-6:30pm 	9	10	11 Go on a hike or Seaside Highland Games 10am-1pm 	12 Seaside Highland Games 10am-1pm 
13	14	15 Cooking Class with Zander: Lettuce Wrapped Burger with Sweet Potato Papas 4:30pm-6:30pm 	16 Pumpkin Patch Day in Ventura or Moorpark 	17 Spooky Movie Night 4:30pm-6:30pm 	18 Bowling 10am-1pm 	19
20	21	22 Cooking Class with Cyan & Alysha: Caprese 4:30pm-6:30pm 	23	24	25 LEGO® Brick Convention Or Underwood Family Farms Pumpkin Patch 10am-1pm 	26 LEGO® Brick Convention 2pm-5pm 
27	28 Beach Clean-up in Ventura 	29 Halloween Party & Dance 4:30pm-7:30pm 	30	31 HAPPY HALLOWEEN! 	Get prepared for November Activities!  Click Here	

Monthly Moments

September 2025



Our biggest bowling night yet, wrapped up with food and fun!



Living it up on the dance floor at Universal Studios!

UPCOMING Halloween Dance

October 29, 4:30pm - 7:30pm



- Costumes Encouraged
- Music & Dancing
- Food & Drinks
- Friends, Fun, and Memories

Note: This event replaces the usual Wednesday cooking class.

Frankie's Journey of Growth and Support

Hi, my name is Frankie! I'm an ILS Coordinator at Coastal Core Services (CCS), and I joined the team in July 2025. I'm a first-generation college student and graduated in spring 2024 with a degree in Sociology.

Since last year, I've been working as a coordinator and really enjoy helping people in any way I can. What I enjoy most about my job is learning about each person and the different ways they experience the world. I also enjoy creating plans that support their goals and independence.

Outside of work, I spend a lot of time in the gym, walking my dog, going to the beach, and trying out new restaurants. Earlier this year, I attended the annual Ventura Run Club, which inspired me to continue running and hopefully join a run club in the future.

I'm excited to keep growing in my role at CCS and to continue supporting others.

This story is told from Frankie's perspective, based on an interview.





[Click Here](#)

Access puzzles online:
Click the button or scan the
QR code.



Mind Benders



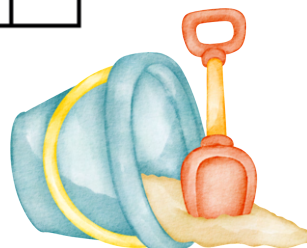
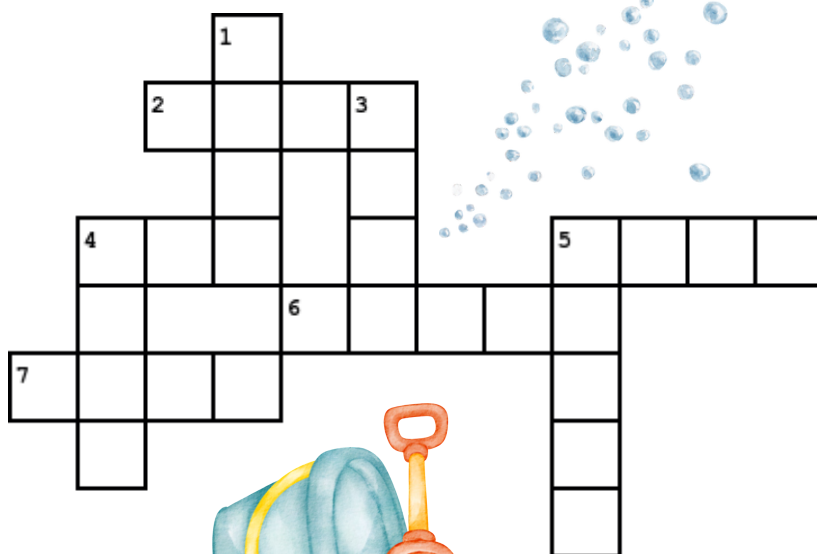
Across

2. A small ship on the water
4. What shines bright in the sky
5. Tiny grains under your feet
6. Sandy land by the water
7. Water that rises and falls in the sea

Down

1. The round shape glowing in the sky
3. The rise and fall of ocean water
4. Bright light you see at night
5. Hard cover found on the sand

Shining by the Shore



Golden Hour Glow

S X O Z P H S P D L L Q G K B G J X I X
A S N G F F D J H X H X R H U Y L L Q O
Q E W D R O W R Z G F Y F E E V Q R A I
X N O H X B F I I E J L L D V I F C E P
R U D T O N D I Q F S H I M M E R S Y B
F D X C N U M K G H T W M L A C L R E Z
B G F X T U Q I U D R W Z X B K A A D B
N E V L H D H I W U G B O B S Q C G L K
C D S A N D G R L G C S G O B H O I J S
F T I D E Z R V L R H W E F D L S G R E
Z A J Q K Q U U X O Z T U S D S S K R A
B N E T E C F Q R S U N S E T M P T E G
I U Z D D E F E L S K Z N J A G G T M U
N A O B C P L Y U M F W H E S L B A M L
Z U W A Z I C H P Q M N B C E O N C I L
T P E A N N Q O A G M N A D V W P D L K
W P M E O P R V L G U K B B A E Q C G Q
B V U Y C Z N L O S L F L O W I O N P Y
V G L E A M Q M T U Q V Q T S Y Z D G Q
U A N W Y O C E A N T K P D V F O T R V

Word Bank

BEACH	OCEAN
BLISS	PEACEFUL
CALM	SAND
DRIFTWOOD	SEAGULL
DUNES	SHIMMER
FLOW	SHORELINE
GLEAM	SUNBEAMS
GLIMMER	SUNSET
GLOW	TIDE
GOLDEN	WAVES

October 2025

Happy Birthdays and Anniversaries

1	Charles Susana Karina Cody 2 years Dale 4 years Briana 4 years David 4 years Christine 4 years Luis 4 years Jose 4 years Christian 4 years William 4 years Spencer 4 years Jennifer 4 years Mitchell 4 years Janet 4 years Christina 4 years Maria 4 years Cynthia 4 years Saylor 4 years Norton 4 years Justin 4 years Candance 4 years Kathleen 4 years Hayley 4 years Pranav 4 years Brooke 4 years Alex 4 years Justin 4 years Danny 4 years Jesse 4 years Jon 3 years Nicholas 4 years Antonio 4 years Zackary 4 years Eric 4 years Jesus 4 years Gabriela 4 years Thomas 4 years Gina 4 years Preeti 4 years Pablo 4 years Courtney 4 years Karina 4 years Nicholas 4 years Melenie 4 years	2	Rigo 4 years Ruby 4 years Lauren 4 years Diane 4 years Trevor 4 years Carlos 4 years Edward 4 years Seime 4 years Noemy 4 years Cameron 4 years Anahi 4 years Michelle 4 years Jeremy 4 years Tara 4 years Anthony 4 years Sadie 4 years Eric 4 years Cody 4 years Natalie 4 years Cassandra 4 years Alicia 4 years Gerardo 4 years Lorena 4 years Hunter 4 years Steven 4 years Esteban 4 years Virginia 4 years Gabriel 4 years Leticia 'Letty' 4 years Christopher 4 years Hannah 4 years	3	Maria 4 years Fidel 4 years Thomas 4 years Jude 4 years	17	Caitlin 3 years	27	Mundo
	4		Miguel Roberto 4 years	19	Spencer Hunter	28	Christopher 1 year		
	5		Steven	21	Hubence Susana 5 years	29	Diane Gunner 1 year		
	10		Jose Jesse	22	Ana Erin	30	Cody		
	3	Max 4 years Brian 4 years Hubence 4 years Robert 4 years Brandon 4 years Miguel 4 years Elizabeth 4 years Finn 4 years Ryan 4 years Aaron 4 years Charles-Grant 4 years Guadalupe 4 years David 4 years Ethan 4 years Francisco 4 years	15	Rusbel	23	Cyan	31	Noah Melenie	
			16	Deepti	25	Zoe			

Monthly Jokes

Q: Why did the balloon go near the needle?

A: He wanted to be a pop star.

Q: Why was the broom late?

A: It overswept.

Q: Why did the candle apply for a job?

A: It wanted to burn some daylight.

Step Into the Spotlight

Share your photos and news with our team!

Email us at:

CoastalCoreServices@NewslettersOnline.org

