



Unstoppable

Newsletter

October 2024

Dear Capable Kids Family,

We're thrilled to have you with us as we continue to grow and celebrate the incredible achievements of our amazing kids. This newsletter is your go-to source for all the latest happenings, upcoming events, and inspiring stories from our community.

At Capable Kids, we believe in the power of inclusion, empowerment, and fun. Whether it's through our dynamic programs, special events, or the friendships forged along the way, we're committed to creating a supportive environment where every child can thrive. In this issue, you'll find exciting updates about new activities, heartfelt testimonials from our families, and a spotlight on our incredible volunteers who make it all possible. We're also thrilled to share sneak peeks of what's to come, so stay tuned!

Thank you for being a vital part of the Capable Kids family. Together, we're building a brighter future for our kids—one filled with endless possibilities.

With gratitude,
The Capable Kids Team



OCTOBER 2024

Click on the links to register for events!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 2PM: <u>CK FIT with PCT2!</u>	2 6:15PM: <u>Arts & Crafts - Edinburg</u>	3 6PM- <u>Brownsville Science Activity</u> 6PM- <u>Gala Dance Practice</u> 7:45 PM: <u>RGV Hockey Game</u>	4 5:30 PM: <u>McAllen Marathon and Kickoff Mile & CK 100 Meter Run, Walk, Roll</u>	5
6	7	8 9 AM: <u>McAllen - English CPR</u> 2PM: <u>CK FIT with PCT2!</u>	9 6:15PM: <u>Arts & Crafts - Edinburg</u>	10 6PM- <u>Gala Dance Practice</u> 6PM- <u>Brownsville- Crafts</u> 6PM- <u>Dance/Karaoke Edinburg</u>	11 9AM: <u>CPR McAllen-Spanish</u> 6:30PM: <u>Beauty Basics Workshop</u>	12 9AM: <u>CPR Brownsville Spanish</u> 5PM: <u>RGV Media Soccer Cup</u> 5PM: <u>Sparks at RGV Media Cup</u> 5:30PM: <u>McAllen Halloween Fest</u>
13	14	15 9 AM: <u>CPR Raymondville-English</u> 12PM: <u>CPR Raymondville-Spanish</u> 2PM: <u>CK FIT with PCT2!</u>	16 6:15PM: <u>Arts & Crafts - Edinburg</u>	17 6PM- <u>Brownsville Crafts</u>	18 9AM: <u>Los Lagos Golf Clinic</u> 5PM: <u>BCFS 3rd Annual Community Fall Fest-Trunk or Treat</u>	19 9 AM: <u>RGVDSA Step Up for Down Syndrome Walk</u>
20	21	22 9AM: <u>CPR - Starr County</u> 2PM: <u>CK FIT with PCT2!</u> 1PM: <u>Starr County - Sensory Activity</u>	23 6:15PM: <u>Arts & Crafts - Edinburg</u>	24 5:30PM- <u>City of Edinburg - Fall Fest Trunk or Treat</u> 5:30 PM- <u>Sparks Performance-Edinburg Trunk or Treat</u> 6PM- <u>Brownsville Crafts</u> 6PM- <u>RGVDSF Candy Bash</u>	25 6PM- <u>Birthday Celebration</u>	26 10AM: <u>STJDA Trunk or Treat</u>
27	28	29 2PM: <u>CK FIT with PCT2!</u>	30 5:30 PM: <u>Longoria Middle School Trunk or Treat</u> 6:15PM: <u>Arts & Crafts - Edinburg</u> 6PM: <u>Brownsville Housing Authority Fall Fest</u>	31 5PM: <u>McAllen Library Trick or Treat Trail</u> 6PM: <u>Bubba's 33 McAllen Trunk or Treat</u> 6PM- <u>Dance/Karaoke Edinburg</u>		



GIGGLE CORNER

What do you call a ghost's true love?

Answer: A boo-tiful bride!

Why did the skeleton go to the party alone?

Answer: Because he had no body to go with him!

What do you get when you cross a vampire and a snowman?

Answer: Frostbite!

Why do mummies take vacations?

Answer: They need to unwind!

What do you call a witch who lives at the beach?

Answer: A sand-witch!

What's a ghost's favorite dessert?

Boo-berry pie!



TRICK OR TREAT

Can you spot the 10 differences?



COLOR BY LETTER

Color the Halloween picture below by using the specified colors for each letter. Pick the color that matches the letter.





TRICK OR TREAT

Safety Tips



1

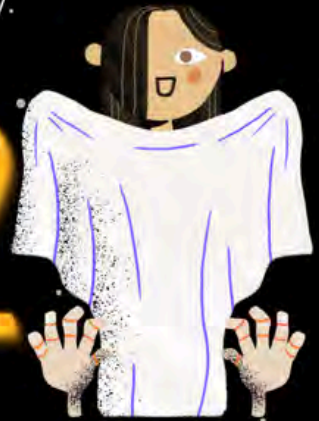
Costume Safety:

- Choose bright colors or add reflective tape to costumes.
- Ensure costumes fit well to avoid tripping.
- Use face paint instead of masks for better visibility.

Trick-or-Treating Rules:

- Always go in groups and have a trusted adult accompany younger children.
- Use sidewalks and cross streets at corners; look both ways before crossing.
- Carry flashlights or glow sticks to be visible after dark.

2



3

Check Treats:

- Inspect all candy before eating. Discard anything that's not sealed or looks suspicious.
- Be cautious with homemade treats; only accept them from people you know.

Home Safety:

- Keep walkways clear of obstacles and decorations to prevent tripping.
- Use battery-operated candles instead of real ones for decorations to avoid fire hazards.

4



5

Pet Safety:

- Keep pets indoors during trick-or-treating to avoid stress or aggression towards visitors.
- Ensure pets have identification in case they escape.

Birthday Celebrations



CK Fun Snapshots



ADVERTISE WITH US!

Interested in advertising your product or service
in the Capable Kids Newsletter?

Here are our advertising guidelines and current rates:

Guidelines:

- Advertisements must be received by the 20th of the month to appear in the following month's newsletter.
- Advertising space is limited and will be available on a first come, first served basis.

To submit an ad:

Email your ad to bobbie@ckrgv.org

Business card and display ads must be submitted in camera ready copy or computer file format. The following formats will be accepted:

Word, Publisher, PDF or a Vector file.

1



Pay for your ad. Checks should be made payable to Capable Kids and may be paid via credit card via PayPal or Square or by check sent to Capable Kids:

1223 E Hackberry Ave, PO Box 5268, McAllen TX 78596

2



Call Bobbie Krynicki at 574-229-2326 to confirm the submission of your ad and payment arrangements.

3



RATES:

Classified ads (75 words maximum)

1 issue - \$10

3 issues - \$25

Business card ads (3.5" x 2")

1 issue - \$15

3 issues - \$35

5 issues - \$50

Display ad (quarter page-3.75"x5")

1 issue - \$20

3 issues - \$40

5 issues - \$55

Display ad (half page- 7.5"x5")

1 issue - \$30

3 issues - \$50

5 issues - \$65

Full page (7.5"x10")

1 issue - \$50

3 issues - \$80

5 issues - \$100

Our website: Capable Kids Foundation

Sign-up for events: [Capable Kids \(schedulesplus.com\)](http://Capable Kids (schedulesplus.com))

Follow us on Facebook: Capable Kids | Facebook

The logo features the letters 'KC' in a large, bold, red font with a blue outline. A white horizontal bar with a blue border is positioned across the middle of the 'K' and 'C'. Inside this bar, the words 'ADVERTISING SPECIALTIES' are written in a blue, sans-serif font. The entire logo is set against a white circular background with a blue and red swoosh effect.

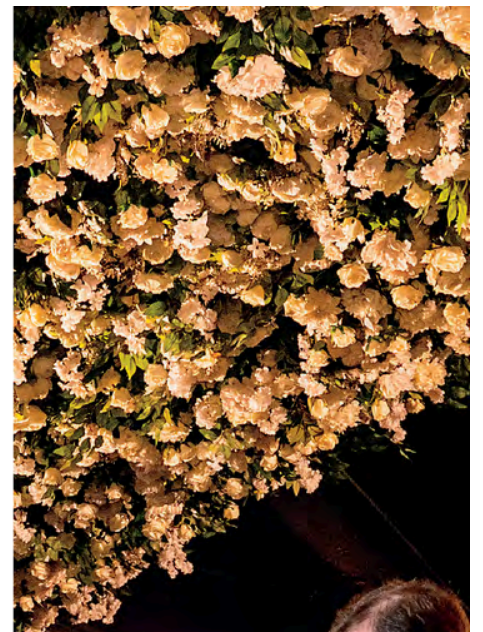
ADVERTISING SPECIALTIES

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VISIT OUR WEBSITE





HAPPY HALLOWEEN

Dear Capable Kids Family,

As we reflect on the month of September, we are filled with gratitude for the incredible moments we've shared together.

Whether it was overcoming challenges or taking steps toward new milestones, your stories remind us why the Capable Kids exists – to create a space where every child can thrive, no matter the obstacles.

We also participated in impactful community events, such as the South Texas Health System's Chalk the Walk event for suicide prevention. It's been truly inspiring to see the strength of our Capable Kids community in action.

Looking ahead to October, we're excited about several upcoming events! Our Wild Friendsgiving Gala and Auction is just around the corner, and we can't wait to come together for an unforgettable evening to celebrate and raise funds for our programs.

October promises to be full of opportunity, excitement, and a continued focus on supporting our amazing kids and their families. As always, we are thankful for each of you and your unwavering support of Capable Kids. Together, we're making a difference every single day.

Thank you for being part of this journey!



Thank You Sponsors

