Capable Kids

November 2026

NEWSLETTER

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Riddle of the Month:

You see me once in June, twice in November, and never in May.

Quote of the Month:

"The secret of getting ahead is getting started".

-Mark Twain

UPCOMING EVENTS

Click on the events for more information and to register.

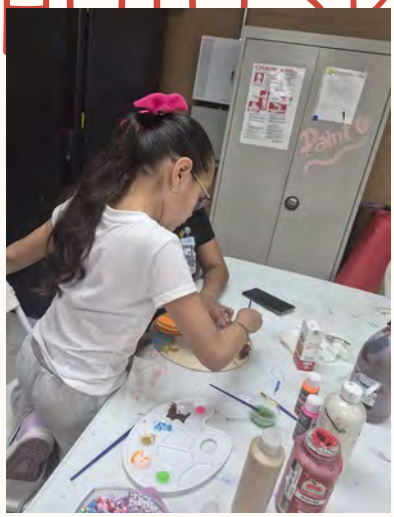


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2 PM Sparks Cheer Practice	2 6 PM Arts and Crafts, STEM. V/R and More	3 3 PM CK Fit	4 6 pm Competitive Baseball Baseball Practice 6 pm Div 1&2 Baseball 6 pm Div 3 Baseball	5 1 PM V/R Coach Led Therapy 2 PM V/R Coach Led Therapy 2 PM V/R Coach Led Therapy 6 PM Arts & Crafts- Brownsville 6 PM Creative Thursdayse 6 PM Zumba Edinburg	6 9 AM First Aid McAllen- Spanish	7 10 AM Sparks Cheer Practice
8 2 PM Sparks Cheer Practice	9 6 PM Arts and Crafts, STEM. V/R and More	10 3 PM CK Fit	11 6 PM Competitive Baseball Practice 6 pm Div 1&2 Baseball 6 pm Div 3 Baseball	12 1 PM V/R Coach Led Therapy 2 PM V/R Coach Led Therapy 6 PM Arts & Crafts- Brownsville 6 PM Creative Thursdayse	13	14 10 AM Sparks Cheer Practice 1:30 PM Adaptive Taekwondo Div 1&2 2:30 PM ABILITIES Adaptive Taekwondo Div 3
15 2 PM Sparks Cheer Practice	16 6 PM Arts and Crafts, STEM. V/R and More	17 3 PM CK Fit	18 6 PM Competitive Baseball Practice	19 9 PM CPR Class 1 PM V/R Coach Led Therapy 2PM V/R Coach Led Therapy 6 PM Arts & Crafts- Brownsville 6 PM Creative Thursdayse	20	21 9 AM CPR Class- Brownsville 10 AM Sparks Cheer Practice 10 AM Cookie Decorating Class- Brownsville
22 2 PM Sparks Cheer Practice	23 6 PM Arts and Crafts, STEM. V/R and More	24 3 PM CK Fit	25 6 PM Competitive Baseball Practice	26 Thanksgiving	27	28 10 AM Sparks Cheer Practice
29 2 PM Sparks Cheer Practice	30 6 PM Arts and Crafts, STEM. V/R and More					

NOVEMBER

PHOTO SPOT



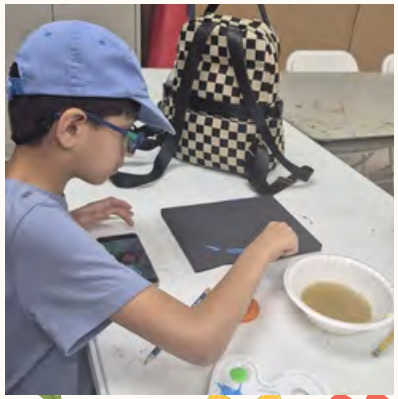












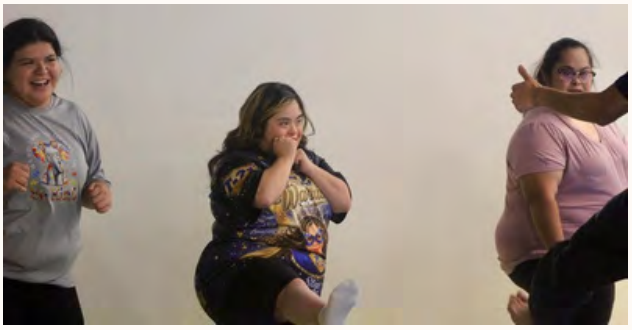
NOVEMBER

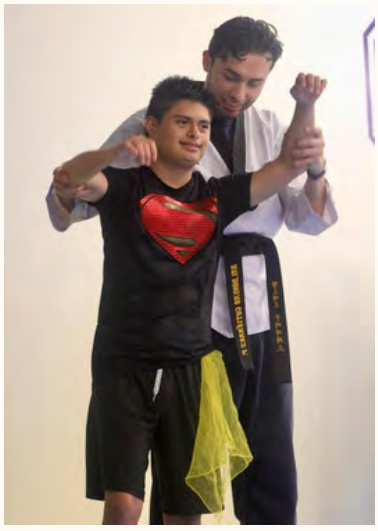
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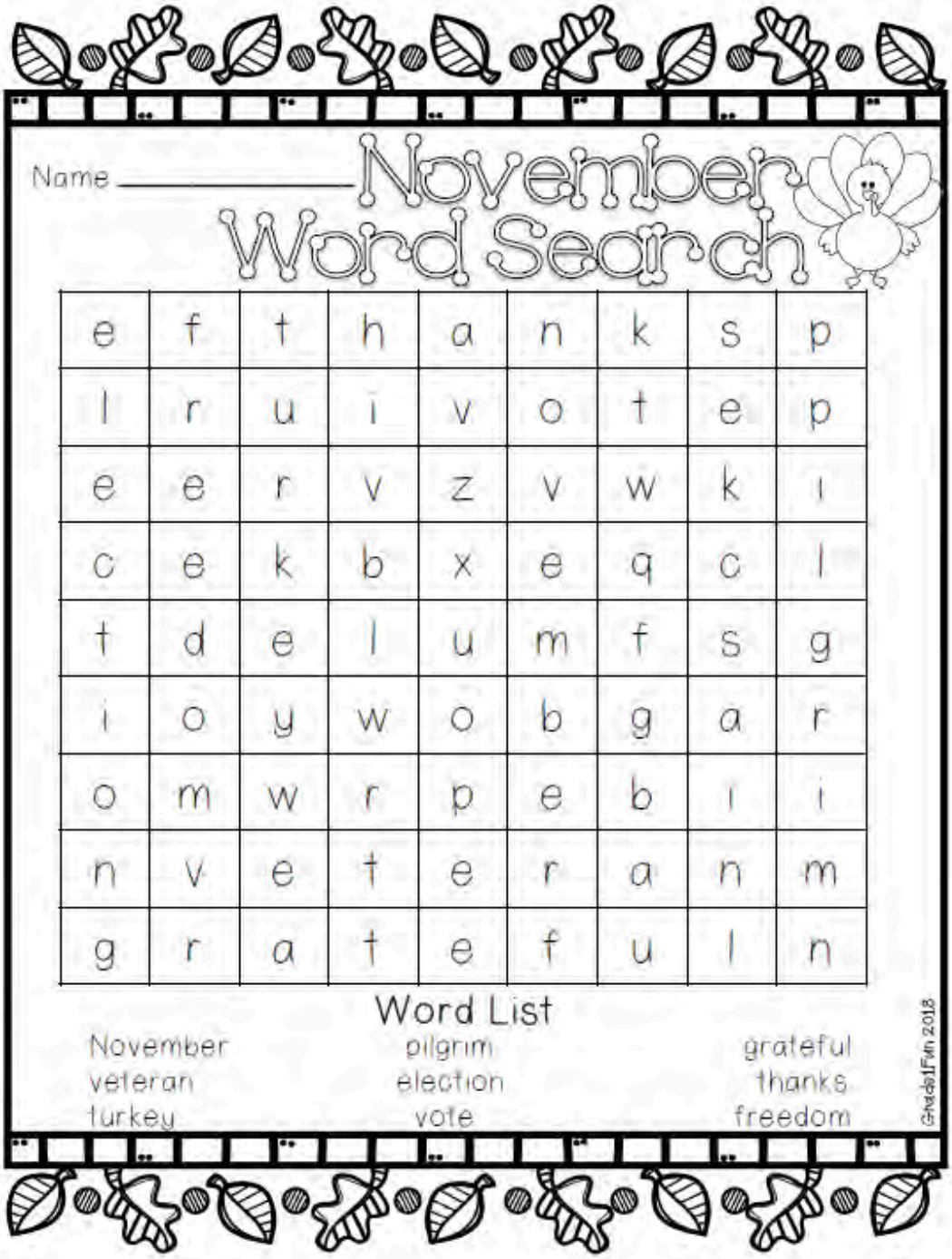
NOVEMBER
PHOTO SPOT







PICTURE PUZZLE





RIDDLE OF THE MONTH & PICTURE PUZZLE

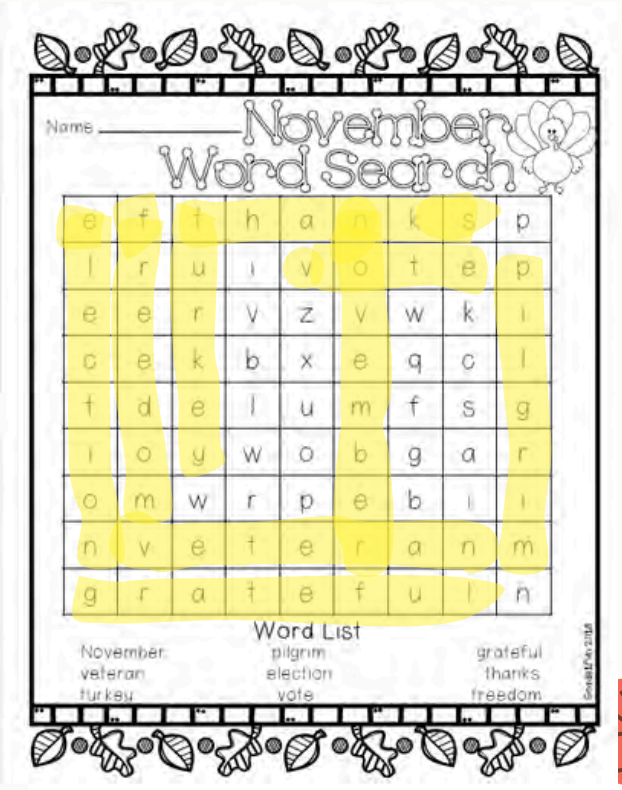
RIDDLE OF THE MONTH:

You see me once in June, twice in November, and never in May. What am I?

ANSWER:

The letter “E”.

FIND THE DIFFERENCE ANSWER:







GIVING THANKS TO OUR CORPORATE SPONSORS!

WHATABURGER

peter piper pizza

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VIP Providers, Inc.

"Serving You In The Spirit of Excellence!"

H-E-B

Helping Here

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:

1.  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.

2.  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

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

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)
Follow us on Facebook: Capable Kids | Facebook



Helping Texans

is at the heart of H-E-B.

Over 115 years ago, we opened our doors to help make the lives of hard-working Texans better. We were a family business back then. We remain a family business today with a passion for - and a helping hand in - every community we serve.

From fighting hunger and providing disaster relief to honoring Texas educators and our Nation's military, we're firm believers in Texans helping Texans. We do this for one simple reason. **We are from here, so we are helping here.**

H-E-B

Helping Here.

HUNGER RELIEF ★ EDUCATION ★ DIVERSITY ★ HEALTH & WELLNESS
SUSTAINABILITY ★ DISASTER RELIEF ★ MILITARY APPRECIATION

Learn more at **heb.com/community**

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OUR SERVICES

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Welcome to Accion Rehab Inc.

At **Accion Rehab Inc.**, we believe exceptional patient outcomes begin with exceptional partnerships. As a **family-owned, Texas-licensed, and ABC-accredited custom orthotic facility**, we are committed to delivering comprehensive orthotic management and rehabilitation solutions to physicians, hospitals, surgery centers, therapists, case managers, and patients throughout the **Rio Grande Valley, Corpus Christi, Laredo, and surrounding South Texas communities**.

For nearly two decades, our mission has remained unchanged—to provide compassionate, clinically driven care that restores mobility, enhances recovery, and improves quality of life while supporting the goals of every prescribing healthcare provider we serve.

Our role extends as a **clinical extension of the physician's practice**, providing comprehensive orthotic management throughout the patient's continuum of care. From referral to final fitting and follow-up, our experienced team collaborates closely with physicians and their staff to ensure timely treatment, regulatory compliance, and exceptional patient outcomes.

As an ABC-accredited custom orthotic facility, Accion Rehab Inc. provides physician-directed services that include:

- Comprehensive orthotic evaluations and patient consultations
- Custom-fabricated and custom-fitted orthoses
- Off-the-shelf orthotic fitting, adjustment, and modification
- Spinal, upper extremity, lower extremity, fracture, and post-operative bracing
- Functional ligament and osteoarthritis knee bracing
- Bone growth stimulation and neuromodulation therapy coordination
- Compression therapy and vascular support products
- Patient education, device training, follow-up care, and outcome monitoring
- Coordination with physician offices, surgery centers, hospitals, rehabilitation facilities, and case management teams to facilitate continuity of care

Our commitment is simple: deliver the right device, to the right patient, at the right time—supported by clinical expertise, responsive service, and unwavering integrity.

At Accion Rehab Inc., we have had the privilege of partnering with outstanding physicians, advanced practice providers, therapists, nurses, case managers, referral coordinators, and healthcare organizations who share our passion for improving patient lives. Their confidence, along with the trust of thousands of patients and families throughout South Texas, has allowed us to grow while remaining true to the values that define our organization.

We look forward to continuing to earn your trust and serving as your preferred partner in comprehensive orthotic management and rehabilitation services throughout South Texas.

Accion Rehab Inc