

ALC August 2025

FOR QUESTIONS & SUGGESTIONS EMAIL: ALC@COMMUNITYCARECONCEPTS.CA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED: Registration Required BLACK: Drop in Program BLUE: Special Series GREEN: Guest Speaker * : Fees Associated				1. Theme of the Week: Hats 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:30-3:30 - Friday Craft: Pringle Hats
4. ALC Closed - Civic Holiday	5. Theme of the Week: Tropical Vacation 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00 -12:00 - Garden Club 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Vacation Edition	6. Theme of the Week: Tropical Vacation 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-3:30 - Billiards 1:30-3:30 - Mini Craft: Friendship Bracelets	7. Theme of the Week: Tropical Vacation 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 1:00-4:00 - Dutch Blitz & Games 2:00-4:00 - Colouring Club	8. Theme of the Week: Tropical Vacation 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:30-3:30 - Friday Craft: Felt Painting
11. Theme of the Week: Sports 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat	12. Theme of the Week: Sports 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Fleece Blankets 1:00-2:00 - Learn Together Workshop 2:00-3:00- Yahtzee 3:00-4:00- Bible Study: Acts	13. Theme of the Week: Sports 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-3:30 - Billiards 1:00-3:30 - TechKnow	14. Theme of the Week: Sports 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club 1:00-4:00 - Lawn Games 2:00-4:00 - Colouring Club	15. Theme of the Week: Sports 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:30-3:30 - Friday Craft: Mini Corn Hole
18. Theme of the Week: The Classics 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat	19. Theme of the Week: The Classics 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00 -12:00 - Garden Club 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Broadway Tunes	20. Theme of the Week: The Classics 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-4:00 - Billiards 1:30-3:30 - ALC Marketplace/Open House	21. Theme of the Week: The Classics 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 9:00-12:00 - Birthday Club 11:00-12:00 - Garden Club 1:00-2:00- Book Club Discussion 2:00-4:00 - Colouring Club	22. Theme of the Week: The Classics 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:30-3:30 - Friday Craft: Pressed Flower Bookmarks
25. Theme of the Week: Favourite Things 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat	26. Theme of the Week: Favourite Things 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Fleece Blankets 1:00-2:00 - Learn Together Workshop 2:00-3:00- Skipbo 3:00-4:00- Bible Study: Acts	27. Theme of the Week: Favourite Things 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Potluck & Summer Student Goodbye Party 1:00-4:00 - Billiards 1:00-4:00 - TechKnow	28. Theme of the Week: Favourite Things 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club 1:00-4:00 - Scrabble & Cards 2:00-4:00 - Colouring Club	29. Theme of the Week: Favourite Things 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:30-3:30 - Friday Craft: Embroidery Painting Part 1

BILLIARDS/SNOOKER

Drop in throughout the week for billiards or snooker at no charge.

SMART GENTLE EXERCISE CLASS BY CCC - FREE

Community Care Concepts invites you to attend a FREE 45 minute gentle exercise class for seniors, to aid in the daily tasks of stretching, lifting and reaching. Each class has a capacity of 25 participants on a first come, first served basis.

COFFEE CLUB

Drop in for coffee, tea, and treats weekday mornings at no charge.

BOOK CLUB DISCUSSION

Join us on August 21st as we discuss *The Echo of Old Books* by Barbara Davis and receive our next book for September.

CONGREGATE DINING

No Congregate Dining July and August, see you in September!

CREATION CIRCLE

Calling all creatives! This is time for you to work on your knitting, crocheting, embroidery, or any craft you love. We will also crochet (or knit) various items to donate.

RUMMIKUB, BOGGLE, DUTCH BLITZ, SKIPBO, SCRABBLE, DOMINOES & CARDS

Step right in for exhilarating card and board games – the fun never stops! Beginners and pros are all welcome here.

GARDEN CLUB

Join us alternate Tuesdays and Thursdays for some indoor gardening. Grow micro-greens, herbs, flowers, and other plants that you can enjoy at home.

GUEST SPEAKER

Keep an eye out for our September calendar to see who we have coming next month!

LEARN TOGETHER

This series gives us the opportunity to learn about pieces of history we may be unfamiliar with as well as learn different skills, if desired. If you have a skill or topic you'd like to teach or learn, email us at alc@communitycareconcepts.ca. Topics this month will include "The History of Vacations" (August 5), "The Ancient Olympics" (August 12), "Jane Austen, Winnie-the-Pooh & Agatha Christie" (August 19), "History of Conspiracy Theories" (August 26).

MUSIC BINGO

Join us for bi-weekly on Tuesday afternoons as we revisit some old favourites and discover some new songs.

MONDAY MOVIES & CHAT

Join us as we screen a blockbuster film and indulge in delicious popcorn. This month's movie features are *Spartacus* (August 11), *Little Women* (August 18), *My Big Fat Greek Wedding* (August 25)

PUZZLE CLUB

Calling all puzzle enthusiasts! Join us for our social puzzle time as we work through different puzzles together.

SCRAPBOOKING

Come and scrapbook with friends new and old! We have plenty of supplies so bring your scrapbooks and pictures and come here for the rest.

BIRTHDAY CLUB

Join us for this series where we will celebrate all of the birthdays of the month! Come if it's your birthday or to celebrate others! Refreshments will be provided and you are welcome to bring cards or gifts for the birthday individuals if you wish.

COLOURING CLUB

Connect with friends new and old as we relax with adult colouring books. We provide the colouring pages, just bring yourself! No registration required.

POTLUCK & SUMMER STUDENT GOODBYE PARTY

Join us for a summer picnic-style potluck and goodbye party to send off our summer student for her next year of university! It will be a fun time of laughter, good food, and fun. Registration is required so we know what food you are bringing!

TECH-KNOW

Sign up for guidance with your technological troubles! Register in advance in the ALC on the clipboard for timeslot with a general description of assistance needed.

BIBLE STUDY

Please feel free to join us as we dive deeper into the Word of God as a community every other Tuesday afternoon. All backgrounds are welcome to join; passage is provided!

ALC MARKETPLACE/OPEN HOUSE

This event invites you to declutter your house and bring items to set up your own 'booth' to trade and get rid of items and also invite friends to discover the ALC and what we do! See separate flyer for more info.

CRAFTS & MINI CRAFTS- Please see flyer for examples

PLEASE NOTE: All CCC Crafts require registration in the ALC, through email at alc@communitycareconcepts.ca, or over the phone 519-634-9225 ext. 9340#.

Pringle Hats - Join us as we make our own Cowboy Hats. Enjoy creating and enjoying the snack inside later!

Felt Painting - Come on over to repurpose some old yarn and create a new piece of artwork.

Mini Corn Hole - Enjoy an afternoon of creativity by building a mini corn hole game.

Pressed Flower Bookmarks - Please join us as we use ordinary flowers and create a colourful bookmark.

Embroidery Painting - Enjoy an afternoon of creativity by embroidering a image on a canvas.

THEME OF THE WEEK

Each week this month brings a fresh theme designed to spark joy and curiosity. Whether it's a walk down memory lane with "Blast from the Past" or a taste of different cultures with "Around the World", our Theme of the Week adds a fun twist to your favorite activities. This month will include "Tropical Vacation" (August 4-8), "Sports" (August 11-15), "The Classics" (August 18-22), "Favourite Things" (August 25-29).