

# ALC July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1.  ALC Closed - Happy Canada Day	2. Theme of the Week: Western 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 - TechKnow	3. Theme of the Week: Western 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club  1:15-2:30 - Line Dancing 3:00-4:00 - Colouring Club	4. Theme of the Week: Western 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: Macrame Plant Holders
7. Theme of the Week: Music 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	8. Theme of the Week: Music 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: Variety	9. Theme of the Week: Music 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 - Music Themed Jeopardy	10. Theme of the Week: Music 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	11. Theme of the Week: Music 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: CD Suncatchers
14. Theme of the Week: Animal Wild 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	15. Theme of the Week: Animal Wild 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- Brain Games 3:00-4:00- Bible Study: Acts	16. Theme of the Week: Animal Wild 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 - TechKnow	17. Theme of the Week: Animal Wild 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 2:00-3:00 - Lawn Games 2:00-4:00 - Colouring Club	18. Theme of the Week: Animal Wild 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: Recycled Birdhouses
21. Theme of the Week: Christmas 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	22. Theme of the Week: Christmas 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: Christmas Songs	23. Theme of the Week: Christmas 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 - Intro to Creative Writing: Memory Collection Part 2	24. Theme of the Week: Christmas 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle  1:00-2:00 - Puzzle Club 2:00-4:00 - Colouring Club	25. Theme of the Week: Christmas 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: Candle Crafting
28. 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  1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat	29. Theme of the Week: Hats 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- Boggle 3:00-4:00- Bible Study: Acts	30. 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  1:00-4:00 - Billiards 1:00-4:00 - TechKnow	31. Theme of the Week: Hats 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 - Rummikub & Card Games 2:00-4:00 - Colouring Club	RED: Registration Required BLACK: Drop in Program BLUE: Special Series GREEN: Guest Speaker  * : Fees Associated

**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 July 17th as we discuss *The Shadow King* by Maaza Mengiste and receive our next book for August.

**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**

Join us on Monday, June 30th as our previous summer student Ailin comes to teach us a beautiful watercolour scene! Pre-registration is required.

**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](mailto:alc@communitycareconcepts.ca). Topics this month will include "Wolfgang Amadeus Mozart" (July 8), "The Amazon Rainforest" (July 15), "Christmas in July Origins" (July 22), "Fashion Part 2" (July 29).

**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 *Les Misérables* (July 7), *Over the Hedge* (July 14), *National Lampoon's Christmas Vacation* (July 21), *Calendar Girls* (July 28).

**PUZZLE CLUB**

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

**SCRAPBOOKING**

Bring your scrapbooks and have a ball scrapbooking with friends new and old! We have plenty of supplies so bring your books and pictures and come here for the rest.

**BIRTHDAY CLUB**

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

**COLOURING CLUB**

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

**INTRO TO CREATIVE WRITING: MEMORY COLLECTION**

Do you love to write? Have you always wanted to try? Come and join us as we use writing prompts to remember the past for our family, friends or even ourselves! Registration is required.

**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!

**CRAFTS & MINI CRAFTS– Please see flyer for examples**

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

**Macrame Plant Holders** - Join us as we make our own macrame plant holders! Perfect for your indoor plants.

**CD Suncatchers** - Come on over to repurpose some old CDs and create a new and colourful craft.

**Recycled Birdhouses** - Please join us as we use recycled materials to create homes for your backyard friends!

**Candle Crafting** - Enjoy an afternoon of creativity by painting candles with coloured wax!

**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 "Western" (June 30-July 4), "Music" (July 7-11), "Animal Wild" (July 14-18), "Christmas" (July 21-25), "Hats" (July 28-August 1).

