

# ALC May 2025

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <b>RED:</b> Registration Required<br><b>BLACK:</b> Drop in Program<br><b>BLUE:</b> Special Series<br><b>GREEN:</b> Guest Speaker<br><br>* : Fees Associated                            |  |  | 1.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - <a href="#">Scrapbooking</a><br><br>1:00-2:00 - Dominoes<br>2:00-4:00 - Colouring Club<br>2:00-4:00 - Creation Circle   | 2.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:30-3:30 - <b>Friday Craft: Decoupage Glass</b>             |
| 5.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:00-4:00 - Billiards<br>1:00-4:00 - Monday Movie & Chat   | 6.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - Creation Circle<br><br>1:00-2:00 - Learn Together Workshop<br>2:00-3:00- Dutch Blitz<br>3:00-4:00- Bible Study: Acts      | 7.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:00-4:00 - Billiards<br>1:00-4:00 - <b>TechKnow</b>   | 8.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - <a href="#">Scrapbooking</a><br>11:00 -12:00 - Garden Club<br><br>1:00-2:00 - Boggle<br>2:00-4:00 - Colouring Club<br>2:00-4:00 - Creation Circle                               | 9.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:30-3:30 - <b>Friday Craft: Foam Flowers</b>                |
| 12.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:00-4:00 - Billiards<br>1:00-4:00 - Monday Movie & Chat  | 13.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - Creation Circle<br>11:00 -12:00 - Garden Club<br><br>1:00-2:00 - Learn Together Workshop<br>2:15-3:30 - Music Bingo: 60s | 14.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br>11:00-12:00 - <b>Guest Speaker: Fire Services</b><br><br>1:00-4:00 - Billiards<br>1:00-3:45 - Crokinole, Chess & Checkers | 15.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - <a href="#">Scrapbooking</a><br>9:00-12:00 - <a href="#">Birthday Club</a><br><br>1:00-2:00- Book Club Discussion<br>2:00-4:00 - Colouring Club<br>2:00-4:00 - Creation Circle | 16.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:30-3:30 - <b>Friday Craft: Embroidered T-Shirts Pt. 1</b> |
| 19.<br><br><b>ALC Closed -<br/>Victoria Day</b>  | 20.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - Creation Circle<br><br>1:00-2:00 - Learn Together Workshop<br>2:00-3:00 - Rummikub<br>3:00-4:00 - Bible Study: Acts      | 21.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>12:00-2:00 - <b>Congregate Dining*</b><br>1:00-4:00 - Billiards<br>1:00-4:00 - <b>TechKnow</b>                        | 22.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - <a href="#">Scrapbooking</a><br>11:00-12:00 - Garden Club<br><br>1:00-2:00 - Puzzle Club<br>2:00-4:00 - Colouring Club<br>2:00-4:00 - Creation Circle                          | 23.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:30-3:30 - <b>Friday Craft: Embroidered T-shirts Pt. 2</b> |
| 26.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:00-4:00 - Billiards<br>1:00-4:00 - Monday Movie & Chat | 27.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - Creation Circle<br>11:00 -12:00 - Garden Club<br><br>1:00-2:00 - Learn Together Workshop<br>2:15-3:30 - Music Bingo: 70s | 28.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45- Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:00-4:00 - Billiards<br>1:00-3:45 - Card Games   | 29.<br>9:00-12:00 - Coffee Club & Billiards<br>9:00-12:00 - <a href="#">Scrapbooking</a><br>11:00-12:00 - Garden Club<br><br>1:00-2:00 - Skipbo<br>2:00-4:00 - Colouring Club<br>2:00-4:00 - Creation Circle                               | 30.<br>9:00-9:45 - Free Exercise class by CCC<br>10:00-10:45 - Free Exercise class by CCC<br>11:00-12:00 - Coffee Club<br><br>1:30-3:30 - <b>Friday Craft: Step-by-step Paint-ing</b>     |

## **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 May 15th as we discuss *Ducks: Two Years in the Oil Sands* by Kate Beaton and receive our next book for June.

## **CONGREGATE DINING**

Join us on May 21st for a delicious meal of *Coleslaw, Roast Beef & Gravy, Horseradish, Mashed Potatoes, Carrots, Mississippi Mud, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon May 16th, 2025**. To sign up, call 519-664-1900 or Toll Free: 1-855-664-1900. The fee for this meal is **\$14**.

## **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, YAHTZEE, BOGGLE, DUTCH BLITZ, SKIPBO, 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 Wednesday, May 14th as Wilmot Fire Services come to talk to us about battery safety and the importance of identifying warning signs.

## **LEARN TOGETHER WORKSHOP**

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 "The History of Aviation" (May 6), "Changing Beauty Standards Throughout the Ages" (May 13), "Atlantis" (May 20), "The Vikings" (April 22), "Henry VIII and His Wives" (May 27).

## **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 *I Dreamed of Africa* (May 5), *Hairspray* (May 12), *The Hunt for Red October* (May 26).

## **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.

## **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.

**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#.

**Decoupage Glass** - Come and revitalize glass pieces by mod-podging fun additions to vases and jars! Note: Glass will be provided but you are welcome to bring your own to update.

**Foam Flowers** - Join us as we assemble beautiful foam flowers!

**Embroidered T-shirts (Pt. 1 & 2)**- Here we will embroider white t-shirts that you can design or fill in templates to have something new and fun to wear! If you would prefer, you can bring your own t-shirt to embroider instead.

**Step-by-Step Painting** - Join us as we come and test some fun new techniques to painting hydrangeas in a vase!