

ALC October 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. 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 1:00-3:30 - TechKnow	2. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 1:00-4:00 - Cards & Board Games 2:00-4:00 - Colouring Club	3. 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 - Charades with Mance!
6. 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	7. 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 - Phase 10 3:00-4:00 - Bible Study: Acts	8. 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 1:00-2:00 - Canva 101: All about Canva (Pt. 1)	9. 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 - Puzzle Club 2:00-4:00 - Colouring Club	10. 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: Halloween Spackle Art
13. ALC Closed - Thanksgiving Monday	14. 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: 70s	15. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Coffee Club 11:00-12:00 - MP Tim Louis Guest Speaking 12:00-2:00 - Congregate Dining* 1:00-4:00 - Billiards 1:00-3:30 - TechKnow	16. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking 9:00-12:00 - Creation Circle 9:00-12:00 - Birthday Club 1:00-2:00 - Book Club Discussion 2:00-4:00 - Colouring Club	17. 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: Snow Man Bead Ornaments with Mance!
20. 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	21. 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	22. 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 1:00-2:00 - Canva 101: Making your first Project (Pt. 2)	23. ALC Closed - Wilmot Staff Training	24. 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: Fall Quilling Pt. 1
27. 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	28. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Crocheted Poppies 11:00 -12:00 - Garden Club 1:00-2:00 - Learn Together Workshop 2:15-3:30- Music Bingo: Country Classics	29. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Potluck 1:00-3:30 - Billiards 1:00-3:30 - TechKnow	30. 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 - Card Games 2:00-4:00 - Colouring Club	31. 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: Fall Quilling Pt. 2

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 October 16th as we discuss *The Secret French Recipes of Sophie Valroux* by Samantha Verant and receive our next book for November.

CONGREGATE DINING

Join us on October 15th for a delicious meal of *Coleslaw, Pork Roast with Gravy, Mashed Potatoes, Green Beans, Pumpkin Pie & Whipped Cream, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon October 10th, 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.

GAMES & 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

This month our guest speaker is Tim Louis, the MP for the Kitchener-Conestoga riding. Join us as he comes and speaks about issues relevant to this demographic and answers any questions we may have!

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 Indus Valley Civilization" (October 7), "Cheese, Chocolate, Pizza and their history" (October 14), "Genghis Khan" (October 21), "History of Ancient Mesopotamia" (October 28).

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 *Hitch* (October 6), *A Cinderella Story*

(October 20) and *The Sisterhood of the Traveling Pants* (October 27).

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.

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!

CANVA 101

This special series is all about learning how to use the online tool Canva! Join us with your laptop or tablet if you prefer (although laptop is best) and learn how to create different designs and projects for your own personal use with others! No registration is required.

POTLUCK

Join us on Wednesday, October 29th as we celebrate 'Friendsgiving' with great food and community. Please sign up with what dish you are bringing in advance so we can ensure a well-balanced and delicious meal together.

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#.

Halloween Spackle Art - Come and create some fall and Halloween themed paintings with the use of spackle!

Snow Man Bead Ornaments with Mance - Join Mance as she leads the group in how to make cute snowman ornaments for the colder weather!

Fall Quilling Pt. 1 & 2– Create festive fall quilled designs to frame in your home or give to a friend.