

ALC May 2026



FOR QUESTIONS & SUGGESTIONS EMAIL: ALC@COMMUNITYCARECONCEPTS.CA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RED: Registration Required BLACK: Drop in Program BLUE: Special Series GREEN: Guest Speaker</p> <p>* : Fees Associated</p>				<p>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</p> <p>1:30-3:30 - Friday Craft: Spring Quilling Pt. 1</p>
<p>4. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat</p>	<p>5. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking 11:00 -12:00 - Garden Club</p> <p>1:00-2:00 - Learn Together Workshop 2:00-4:00 - Phase 10 & Skipbo 2:00-4:00 - Lego building</p>	<p>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 11:00-12:00 - Guest Speaker: Manshi from ICC</p> <p>1:00-3:30 - Billiards 1:00-4:00 - TechKnow</p>	<p>7. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle</p> <p>1:00-4:00 - Board & Card Games 2:00-4:00 - Colouring Club</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Spring Quilling Pt. 2</p>
<p>11. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat</p>	<p>12 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Country Classics</p>	<p>13. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club</p> <p>1:00-3:30 - Billiards 1:30-3:00 - Euchre & Crokinole</p>	<p>14. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle : Fleece Blankets 11:00-12:00 - Garden Club</p> <p>1:00-2:00 - Puzzle Club & Brain Games 2:00-4:00 - Colouring Club</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Step-by-step painting with Jill Bossence</p>
<p>18.</p> <p>ALC Closed - Victoria Day</p>	<p>19. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking 11:00-12:00 - Garden Club</p> <p>1:00-2:00 - Learn Together Workshop 2:00-4:00 - Dutch Blitz 2:00-4:00 - Lego Building</p>	<p>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 12:00-2:00 - Congregate Dining*</p> <p>1:00-3:30 - Billiards 1:00 - 4:00 - TechKnow</p>	<p>21. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle 9:00-12:00 - Birthday Club</p> <p>1:00 - 2:00 - Book Club Discussion 2:00 - 4:00 - Colouring Club</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Diamond Art Card Pt. 1</p>
<p>25. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie & Chat</p>	<p>26. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Broadway Tunes</p>	<p>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</p> <p>1:00-3:30 - Billiards 1:00-4:00 - Mancala, Chess, & Skipbo</p>	<p>28. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle: Fleece Blankets 11:00-12:00 - Garden Club</p> <p>1:00 - 4:00 - Card & Board Games 2:00 - 4:00 - Colouring Club</p>	<p>29. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club</p> <p>1:30-3:30 - Friday Craft: Diamond Art Card Pt. 2</p>

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 21st as we discuss *Station Eleven* by Emily St. John Mandel and receive our next book for June.

CONGREGATE DINING

Please join us on May 20th for a delicious meal of *Coleslaw, Roast Beef and Gravy, Horseradish, Mashed Potatoes, Carrots, Butter Tart, Tea & Coffee*. This lunch will be held the third Wednesday each month and registration is required by noon May 15th, 2026. To sign up, call 519-664-1900 or Toll Free: 1-855-664-1900. **The fee for this meal is \$15.**

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

Join us as Manshi from ICC comes to talk to us about some important mental health topics for mental health week! No 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. Topics this month will include "History of Fashion Pt. 5" (May 5), "The Female Pharaohs of Egypt" (May 12), "The Moon Landing" (May 19), "The Life of Christopher Columbus" (May 26).

MUSIC BINGO

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

MONDAY MOVIE & CHAT

Come and enjoy a movie with some refreshments among friends new and old! This month's movies are *National Velvet* (May 4), *Mr. Popper's Penguins* (May 11), *The Family Man* (May 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.

TECH-KNOW

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

LEGO BUILDING

Have you ever wanted to try out building a LEGO kit but couldn't justify buying one? Do you want to try a new hobby? Do you want to experience a different kit than one you already have? Come to the ALC and build some LEGO kits with us!

Wii SPORTS

Have you ever wanted to try your hand at some of the newer video games? Here is the place to give them a try! Feel like a pro athlete with Wii Sports, or try other games that we can discover together.

CRAFTS & MINI CRAFTS– Please see flyer for examples

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

Spring Quilling Pt. 1 & 2 - Join us as we take thin strips of paper and create beautiful spring pictures in the art of quilling!

Step-by-step Painting with Jill - Come and participate in a step-by-step painting of a beautiful scene with a mountain road and tranquil waters!

Diamond Art Cards Pt. 1 & 2 - Here we will have 2 relaxing afternoons to create some beautiful cards using diamond dots! All levels of experience (including beginners) welcome.