

# ALC August 2026



| MONDAY                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>ALC CLOSED</div> <div>Civic Holiday</div>                                                                                                                                                                                                         | <div>4.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking<br/>11:00 -12:00 - Garden Club</div> <div>1:00-2:00 - Learn Together Workshop<br/>2:15-3:30 - Music Bingo: 70's Easy Listening</div> | <div>5.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:00-3:00 - Intro to Artificial Intelligence Part 2</div>    | <div>6.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle</div> <div>1:00-4:00 - Euchre &amp; Card Games<br/>2:00-4:00 - Lego Building<br/>2:00-4:00 - Colouring Club</div>                     | <div>7. Theme of the Day: Crazy Hair</div> <div>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</div> <div>1:30-3:30 - Craft: Step-by-Step Watercolour Painting</div>             |
| <div>10.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:30-3:30 - Milk Bag Mats</div>                                              | <div>11.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking</div> <div>1:00-2:00 - Learn Together Workshop<br/>2:00-3:00 - Jeopardy<br/>3:00-4:00 - Boggle &amp; Skipbo</div>                   | <div>12.</div> <div>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Guest Speaker: Lynn from Mountain Oak Cheese</div> <div>1:00-4:00 - Billiards<br/>1:00-4:00 - TechKnow</div> | <div>13.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>11:00 -12:00 - Garden Club</div> <div>1:00-4:00 - Rummikub<br/>2:00-4:00 - Healthy Baking Recipes</div>                          | <div>14. Theme of the Day: World Traveler</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:30-3:30 - Craft: Crepe Flowers</div>  |
| <div>17.</div> <div>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Guest Speaker: Marlene from Let's Tree Wilmot</div> <div>1:00-4:00 - Billiards<br/>1:00-4:00 - Monday Movie &amp; Chat</div> | <div>18.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking<br/>11:00 -12:00 - Garden Club</div> <div>1:00-2:00 - Learn Together Workshop<br/>2:15-3:30 - Music Bingo: Roller Skating</div>     | <div>19.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:00-3:30 - Cookie Decorating</div>                         | <div>20.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Birthday Club</div> <div>1:00-2:00- Book Club Discussion<br/>2:00-4:00 - Craft: Marble Glass</div>                  | <div>21. Theme of the Day: Hawaiian Luau</div> <div>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - End of Summer Potluck</div> <div>1:30-3:30 - Craft: Step-by-Step Painting with Jill</div> |
| <div>24.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:30-3:30 - Milk Bag Mats</div>                                              | <div>25.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking</div> <div>1:00-2:00 - Learn Together Workshop<br/>2:00-3:00 - Jeopardy<br/>3:00-4:00 - Scrabble</div>                              | <div>26.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:00-4:00 - TechKnow</div>                                  | <div>27.</div> <div>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>11:00 -12:00 - Garden Club</div> <div>1:00-2:00 - Puzzle Club<br/>2:00-4:00 - Lego Building<br/>2:00-4:00 - Colouring Club</div> | <div>28. Theme of the Day: Colours</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:30-3:30 - Unfinished Craft Projects</div>    |
| <div>31.</div> <div>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</div> <div>1:00-4:00 - Billiards<br/>1:00-4:00 - Monday Movie &amp; Chat</div>                                   |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                    | <div>RED: Registration Required</div> <div>BLACK: Drop in Program</div> <div>BLUE: Special Series</div> <div>GREEN: Guest Speaker</div> <div>* : Fees Associated</div>                                                                              |

## **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 20th as we discuss *Escape from Manus Prison* by Jaivet Ealom 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**

Join us on Wednesday August 12th to hear Lynn from Mountinoak Cheese and Monday August 17th as we get to hear Marlene from Let's Tree Wilmot.

## **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 "The Canadian Shield" (August 4), "Life of Jackie Robinson" (August 11), "The Bronze Age" (August 19), "History of the Model-T" (August 25).

## **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 Dream of Jeannie* (August 17), *The Devil Wears Prada* (August 31).

## **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**

Come if it's your birthday or to celebrate everyone else's this month! Treats and coffee will be provided and you are welcome to bring cards or gifts for the birthday individuals if you wish.

## **COLOURING CLUB**

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 & 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#.

**Step-by-Step Watercolour Painting** - Join us as we create a beautiful watercolour landscape!

**Crepe Flowers** - Come craft beautiful flowers to display only using crepe paper!

**Marble Glass** - Join us as we try a new and fun craft involving marbles!

**Step-by-Step Painting** - Have a relaxing afternoon painting with Jill from Dundee Doodle!

## **MILK BAG MATS**

Join us as we come together to create milk bag mats that will be donated to help those in need. These mats provide comfort, insulation, and protection for people facing difficult circumstances. Everyone is welcome!

## **FRIDAY THEME DAYS**

Join us each Friday for a fun theme day! Feel free to dress up and participate if you'd like. Everyone is welcome to join in and enjoy the fun.

## **COOKIE DECORATING**

Come on in and enjoy a relaxing afternoon decorating a cookie or two with others! All is welcome!

## **HEALTHY BAKING RECIPES**

Looking for new recipes? Join us as we dig into healthy but delicious baking recipes that you can enjoy with family and friends!

## **INTRO TO ARTIFICIAL INTELLIGENCE PART 2**

Last month we explored the basics of Artificial Intelligence. This month, we'll take a closer look at how AI is changing the online world and, more importantly, how to stay safe. Through interactive games, group discussions, and practical tips, you'll learn how to spot scams, recognize AI-generated content, and navigate today's digital world with greater confidence.

## **UNFINISHED CRAFT PROJECTS**

Come and join as we take the time to finish some crafts! Bring any unfinished projects and we will provide supplies to help you complete these crafts.