

FOR QUESTIONS & SUGGESTIONS EMAIL: ALC@COMMUNITYCARECONCEPTS.CA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 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	3. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Around the World	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 1:00-3:30 - Billiards 1:00-4:00 - Card Games	5. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00 -12:00 - Garden Club 1:00-4:00 - Dutch Blitz, Scrabble & Boggle 2:00-4:00 - Colouring Club	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 1:30-3:30 – Friday Craft: Valentines Gnomes
9. 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	10. 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 2:00-3:00 - Brain Games 3:00-4:00 - Bible Study: Acts	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 1:00-3:30 - Billiards 1:00-4:00 - TechKnow	12. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle 1:00-4:00 - Puzzle Club, Brain Games & Wii Sports! 2:00-4:00 - Colouring Club	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 1:30-3:30 – Friday Craft: Wine Glass Jewelry
16. ALC Closed - Happy Family Day	17. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Colour Songs	18. 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* 1:00-3:30 - Billiards 1:30-3:00 - Mini Craft Pt. 1: Air Dry Clay Paintbrush Holders	19. 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 11:00-12:00 - Garden Club 1:00-2:00 - Book Club Discussion 2:00-4:00 - Colouring Club	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 1:30-3:30 – Mini Craft Pt. 2: Air Dry Clay Paintbrush Holders
23. 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	24. 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 2:00-3:00 - Skipbo 3:00-4:00 - Bible Study: Acts	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 11:00-12:00 - Karla from Community Care Concepts 1:00-3:30 - Billiards 1:00 - 4:00 - TechKnow	26. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle 1:00 - 4:00 - Board Games & Puzzle Club 2:00 - 4:00 - Colouring Club	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 1:30-3:30 - Friday Craft: Beaded Jellyfish Suncatchers
				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 February 19th as we discuss *Outside the Gate: The True Story of a British Home Child in Canada* by Carol Marie Newall and receive our next book for March.

CONGREGATE DINING

Please join us on February 18th for a delicious meal of *Greek Salad, Honey Garlic Chicken, Rice, Broccoli/Cauliflower Mixed Vegetables, Coconut Cream Pie, Tea & Coffee*. This lunch will be held the third Wednesday each month and registration is required by noon February 13th, 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

This month we have Karla from Community Care Concepts coming to tell us more about the organization and services that they offer! 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 "Life as an Ancient Roman" (February 3), "Life as an Ancient Greek" (February 10), "Life as an Ancient Egyptian" (February 17), "The French Revolution" (February 24).

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 *P.S. I Love You* (February 2), *The Proposal* (February 9), *The Notebook* (February 23).

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.

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!

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.ca, or over the phone 519-634-9225 ext. 9340#.

Valentine Gnomes - Join us as we make festive little gnomes out of socks and felt to celebrate the season of love!

Wine Glass Jewelry - Here our volunteer Elsie will teach us how to make cute beaded jewelry for our wine glasses.

Mini Craft: Air Dry Clay Paint Brush Holders- Join us as create paint brush holders to properly give our paint brushes a resting place while we paint beautiful masterpieces! Please note: this is a two part craft and participants MUST be able to attend both.

Beaded Jellyfish Suncatchers- Treat the winter blues with some vibrant suncatchers to hang in your home!