

ALC January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RED: Registration Required</p> <p>BLACK: Drop in Program</p> <p>BLUE: Special Series</p> <p>GREEN: Guest Speaker</p> <p>★ : Fees Associated</p>			1. ALC Closed - Happy Holidays!	2. ALC Closed - Happy Holidays!
5. 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	6. 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: 60s music	7. 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	8 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle 11:00 -12:00 - Garden Club 1:00-4:00 - Puzzle Club, Brain Games & Wii Sports! 2:00-4:00 - Colouring Club	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 1:30-3:30 – Friday Craft: Crocheted Mug Sleeves
12. 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	13. 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 - Dutch Blitz 3:00-4:00 - Bible Study: Acts	14. 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 - Manshi from ICC: Setting Boundaries 1:00-3:30 - Billiards 1:00-3:00 - TechKnow	15. 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 1:00-2:00 - Book Club Discussion 2:00-4:00 - Colouring Club	16. 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: Wooden Painted Signs
19. 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	20. 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: 80s music	21. 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 1:00 - 4:00 - Creation Circle & Games	22. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Scrapbooking Workshop 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club 1:00 - 4:00 - Scrabble & Boggle 2:00 - 4:00 - Colouring Club	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 1:30-3:30 - Friday Craft: Step-by-step Painting with Jill Bossence from Dundee Doodle
26. 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	27. 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 - Yahtzee 3:00-4:00 - Bible Study: Acts	28. 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	29. 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, Dominoes, & Cards 2:00-4:00 - Colouring Club	30. 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: Watercolour Salt Painting

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 January 15th as we discuss *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto and receive our next book for February.

CONGREGATE DINING

Please join us on January 21st for a delicious meal of *Cream of Broccoli Soup, Sweet and Sour Meatballs, Rice, Mixed Vegetables, Banana Cake, Tea & Coffee*. This lunch will be held the third Wednesday each month and registration is required by noon January 16th, 2026. 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 we have Manshi from ICC coming to speak with us on setting boundaries. 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 "Fashion throughout History Pt. 4" (January 6), "The Black Death: The Plague" (January 13), "Engineering Marvels from Around the World" (January 20), "Interesting Archaeological Discoveries" (January 27).

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 *Letters to Juliet* (January 5), *Mr. Destiny* (January 12), *Guarding Tess* (January 19), *James Bond: Goldfinger* (January 26).

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#.

Crocheted Mug Sleeves - Come and crochet cute little mug sleeves to keep your hands warm this winter season! Crochet experience is required, however, this is a beginner pattern.

Wooden Painted Signs - Here we will take wooden signs and create beautiful wall art for our homes or our loved ones homes! Templates provided will be quotes, but you are welcome to paint scenes if you wish.

Step-by-step Painting with Jill Bossence- Join us as we learn a beautiful step-by-step painting with Jill Bossence! The scene will be announced closer to the date. Be sure to sign up before slots fill up!

Watercolour Salt Painting - Come and learn a fun, simple technique to creating beautiful, wintry, watercolour paintings.