

# ALC July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>RED:</b> Registration Required <b>BLACK:</b> Drop in Program <b>BLUE:</b> Special Series <b>GREEN:</b> Guest Speaker <b>*</b> : Fees Associated</p>		<p>ALC CLOSED — Happy Canada Day!</p>	<p>2. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club</p> <p>1:00-4:00 - Dutch Blitz &amp; Card Games 2:00-4:00 - Colouring Club</p>	<p>3. <b>Theme of the Day: Red &amp; White</b> 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 1:30-3:30 - <b>Craft: Card Making with Quilling</b></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</p> <p>1:00-4:00 - Billiards 1:30-3:30 - Monday Movie &amp; Chat</p>	<p>7. 9:00-12:00 - Coffee Club &amp; 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 2:15-3:30 - Music Bingo: British Invasion</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>1:00-4:00 - Billiards 1:00-4:00 - Crokinole &amp; Mancala</p>	<p>9. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-4:00 - Scrabble 2:00-4:00 - Lego Building 2:00-4:00 - Colouring Club</p>	<p>10. <b>Theme of the Day: Mis-Match</b> 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 - <b>Craft: Tree Slice Painting</b></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 - <b>Guest Speaker: Michelle from Foodbank of Waterloo Region</b></p> <p>1:00-4:00 - Billiards 1:00-4:00 - <b>Milk Bag Mats</b></p>	<p>14 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00 - Jeopardy 3:00-4:00 - Chess &amp; Euchre</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>1:00-4:00 - Billiards 1:00-4:00 - <b>TechKnow</b></p>	<p>16. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - <b>Birthday Club</b> 11:00-12:00 - Garden Club</p> <p>1:00-2:00- Book Club Discussion 2:00-4:00 - <b>Strawberry Social with Ice Cream</b></p>	<p>17. <b>Theme of the Day: Ocean</b> 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 1:30-3:30 - <b>Craft: Embroidered Tea Towels</b></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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie &amp; Chat</p>	<p>21. 9:00-12:00 - Coffee Club &amp; 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 2:15-3:30 - Music Bingo: 90's Music</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 - <b>Guest Speaker: David from THEMUSEUM</b></p> <p>1:00-4:00 - Billiards 1:00-3:30 - <b>Intro to Artificial Intelligence</b></p>	<p>23. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-4:00 - Puzzle Club 1:00-4:00 - Lego Building 2:00-4:00 - Colouring Club</p>	<p>24. <b>Theme of the Day: Decades</b> 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 - <b>Craft: Step-by-Step Painting with Jill Bossence</b></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>1:00-4:00 - Billiards 1:00-4:00 - <b>Milk Bag Mats</b></p>	<p>28. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00 - Jeopardy 2:00-4:00 - Rummikub</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>1:00-4:00 - Billiards 1:00-4:00 - <b>TechKnow</b></p>	<p>30. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - <b>Royal Tea Party</b> 11:00-12:00 - Garden Club</p> <p>1:00-4:00 - Skipbo &amp; Boggle 2:00-4:00 - Colouring Club</p>	<p>31. <b>Theme of the Day: Garden Party</b> 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 1:30-3:30 - <b>Homemade Home: Pickled Yellow and Green Beans</b></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 July 16th as we discuss *Seven Days In June* by Tia Williams and receive our next book for August.

**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.

**CARDS, GAMES AND ACTIVITIES**

Step right in for exhilarating cards, board games and puzzle – the fun never stops! Beginners and pros are all welcome here.

**GARDEN CLUB**

Join us for some indoor gardening. Grow microgreens, herbs, flowers, and other plants that you can enjoy at home.

**GUEST SPEAKER**

Join us on Monday, July 13 as we get to hear Michelle from the Foodbank of Waterloo Region and Wednesday, July 22nd as we get to hear David from THEMUSEUM

**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 "Construction of the Eiffel Tower" (July 7), "The Edo Period" (July 14), "Biography of Nellie Bly" (July 21), "Weird U.S.A State Laws" (July 28).

**MUSIC BINGO**

Join us 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 *Mirror, Mirror* (July 6), *Robin Hood* (July 20).

**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**

Join us as we celebrate all of the birthdays of the month! Come if its your birthday or to celebrate everyone else's!

**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#.

**Card Making** - Create beautiful handmade cards by adding your own personal touch.

**Tree Slice Painting** - Transform natural wood slices into colourful pieces of art

**Embroidered Tea Towels** - Add charm to everyday tea towels through simple embroidery techniques.

**Step-by-Step Painting** - Paint a beautiful landscape with Jill from Dundee Doodle!

**MILK BAG MATS**

Join us as we create milk bag mats that will be donated to help those in need.

**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.

**STRAWBERRY SOCIAL WITH ICE CREAM**

Enjoy a sweet treat and connect with friends new and old. There'll be strawberries, good conversation, and plenty of fun for all ages. We'd love to see you there

**ROYAL TEA PARTY**

Join us for a Royal Tea Party filled with charming treats, warm conversation, and a touch of elegance. Enjoy a morning of tea, sweets, and regal fun fit for royalty.

**INTRO TO ARTIFICIAL INTELLIGENCE (AI)**

Join us for an introductory session exploring what AI is, how it's being used in everyday life, and what it could mean for the future. We'll have an open discussion where you can ask questions, share thoughts, and learn together in a relaxed, welcoming environment. We'll also explore both the benefits and challenges of AI to help build understanding and confidence around this growing technology.

**THE HOME MADE HOME**

Come join us as we learn new skills and add a personal touch to your home. No experience needed! This month we will be making Pickled Yellow and Green Beans!