

ALC February 2025

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 * : Fees Associated</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 1:00-3:45 - TechKnow</p>	<p>30. 9:00-12:00 - Coffee Club & Billiards 11:00-12:00 - Garden Club</p> <p>1:00-2:00 - Puzzle Club 2:00-4:00 - Colouring Club 2:00-4:00 - Creation Circle</p>	<p>31. 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 - Murder Mysteries & Escape Room</p>
<p>3. 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>4. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00-12:00: Garden Club</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: 80s</p>	<p>5. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45- Free Exercise class by CCC 11:00-12:00 - Jennifer Helmuth from ICC: Movement for Mental Health</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Euchre & Gin Rummy</p>	<p>6. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Rummikub 2:00-4:00 - Colouring Club 2:00-4:00 - Creation Circle</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Heart Wall Hanging</p>
<p>10. 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>11. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00- Yahtzee 3:00-4:00- Bible Study</p>	<p>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</p> <p>12:00-2:00 - Congregate Dining* 1:00-4:00 - Billiards 1:00-3:45 - TechKnow</p>	<p>13. 9:00-12:00 - Coffee Club & Billiards 11:00-12:00 -Garden Club</p> <p>1:00-2:00- Puzzle Club 2:00-4:00 - Colouring Club 2:00-4:00 - Creation Circle</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Paper Valentines</p>
<p>17. ALC Closed - Happy Family Day</p>	<p>18. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00-12:00: Garden Club</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: 50s</p>	<p>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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Euchre & Gin Rummy</p>	<p>20. 9:00-12:00 - Coffee Club & Billiards 10:30-12:00 - Birthday Club</p> <p>1:00-2:00 - Book Club Discussion 2:00-4:00 - Colouring Club 2:00-4:00 - Creation Circle</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Crocheted Waffle Dishcloths Pt. 1</p>
<p>24. 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>25. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00- Dutch Blitz 3:00-4:00- Bible Study</p>	<p>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</p> <p>1:00-4:00 - Billiards 1:00-3:45 - TechKnow</p>	<p>27. 9:00-12:00 - Coffee Club & Billiards 11:00-12:00 - Garden Club</p> <p>1:00-2:00 - Brain Games 2:00-4:00 - Colouring Club 2:00-4:00 - Creation Circle</p>	<p>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</p> <p>1:30-3:30 - Friday Craft: Crocheted Waffle Dishcloths 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 February 20th as we discuss *The Giver* by Lois Lowry and receive our next book for February.

CONGREGATE DINING

Join us on February 19th for a delicious meal of *Caesar Salad, Teriyaki Chicken, Rice, Broccoli/Cauliflower Mixed Vegetables, Chocolate Cake, Ice Cream, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon February 14th, 2025**. 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.

RUMMIKUB, YAHTZEE, BOGGLE, & DUTCH BLITZ

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, and other plants that you can enjoy at home.

GUEST SPEAKER

Join us on Wednesday, February 5th to hear Jennifer Helmuth from ICC in New Hamburg talk to us about Movement for Mental Health.

LEARN TOGETHER WORKSHOP

This series gives us the opportunity to learn new skills and think deeper about different topics we may not have delved into before. 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 "King Tut" (Feb. 4), "The Great Emu War" (Feb. 11), "The Salem Witch Trials" (Feb. 18), "The Edo Period in Japan" (Feb. 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 *Nearlyweds* (Feb. 3), *Meddling Mom* (Feb. 10), *The Second Best Exotic Marigold Hotel* (Feb. 24).

PUZZLE CLUB

Calling all puzzle enthusiasts! Join us for our social puzzle time as we work through different puzzles together.

BIRTHDAY CLUB

Join us for this new special series where we will celebrate all of the birthdays of the month! Come if it's your birthday or to celebrate everyone else's! Treats and coffee will be provided and you are welcome to bring cards or gifts for the birthday individuals if you wish.

COLOURING CLUB

Come and connect with friends new and old as we 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- 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.**

Heart Wall Hanging— Get in the Valentine's Day spirit with these cute heart-themed wall hangings!

Paper Valentines— Create some valentines for your friends or spouses and come prepared to learn a fun new way of creating cards.

Crocheted Dishcloths (Pt. 1 & 2)— Join us as we learn to crochet waffle-textured dishcloths. This is a 2-part series that will hopefully give us time to accomplish 1 dishcloth each. All skill levels welcome!