

# ALC March 2025

FOR QUESTIONS & SUGGESTIONS EMAIL: [ALC@COMMUNITYCARECONCEPTS.CA](mailto:ALC@COMMUNITYCARECONCEPTS.CA)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 &amp; Chat</p>	<p>4. 9:00-12:00 - Coffee Club &amp; 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: One Hit Wonders</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 - Coffee Club</p> <p>1:00-4:00 - Billiards 1:00-3:45 - Euchre &amp; Gin Rummy</p>	<p>6. 9:00-12:00 - Coffee Club &amp; Billiards 9:30-12:00 - <b>Scrapbooking</b></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 - <b>Friday Craft: Cardboard Bunnies</b></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 &amp; Chat</p>	<p>11. 9:00-12:00 - Coffee Club &amp; 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>1:00-4:00 - Billiards 1:00-4:00 - <b>TechKnow</b></p>	<p>13. 9:00-12:00 - Coffee Club &amp; Billiards 11:00 -12:00 - Garden Club</p> <p>1:00-2:00 - Boggle 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 - <b>Friday Craft: Coffee Canister Herb Gardens Pt. 1</b></p>
<p>17. 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 - <b>Guest Speaker: Kiwanis Transit</b></p> <p>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie &amp; Chat</p>	<p>18. 9:00-12:00 - Coffee Club &amp; 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: Powerhouse Women</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>12:00-2:00 - <b>Congregate Dining*</b> 1:00-4:00 - Billiards 1:00-3:45 - Crokinole, Chess &amp; Checkers</p>	<p>20. 9:00-12:00 - Coffee Club &amp; Billiards 9:00-12:00 - <b>Birthday Club</b></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 - <b>Friday Craft: Coffee Canister Herb Gardens Pt. 2</b></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 &amp; Chat</p>	<p>25. 9:00-12:00 - Coffee Club &amp; 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 - <b>Potluck</b></p> <p>1:00-4:00 - Billiards 1:00-4:00 - <b>TechKnow</b></p>	<p>27. 9:00-12:00 - Coffee Club &amp; Billiards 11:00-12:00 - Garden Club</p> <p>1:00-2:00 - <b>Scrapbooking</b> 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 - <b>Intro to Creative Writing: Memory Collection</b></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>1:00-4:00 - Billiards 1:00-4:00 - Monday Movie &amp; Chat</p>				<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>

## **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 March 20th as we discuss *A Duet for Home* by Karina Yan Glaser and receive our next book for April.

## **CONGREGATE DINING**

Join us on March 19th for a delicious meal of *Tomato Soup & Crackers, Salisbury Steak, Mashed Potatoes, Peas, Butter Tart, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon March 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 Monday, March 17th as Kiwanis Transit will join us to tell us a bit about the services they offer and help us better understand how to effectively utilize what they provide! No registration is required.

## **LEARN TOGETHER WORKSHOP**

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 Romanovs" (March 4), "The Valley of the Queens and Cleopatra" (March 11), "The Dancing Plague of 1518" (March 18), "The Great Molasses Flood" (March 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 *De-Lovely* (March 3), *Anna and the King* (March 10), *The Jane Austen Book Club* (March 17), *Thoroughly Modern Millie* (March 24), *Notting Hill* (March 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**

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.

## **INTRO TO CREATIVE WRITING: MEMORY COLLECTION**

Do you love to write? Have you always wanted to try? Come and join us as we use writing prompts to remember the past for our family, friends or even ourselves! Registration is required.

## **POTLUCK**

Join us on Wednesday, March 26th as we enjoy great food with one another potluck style! Please sign up with what dish you are bringing in advance so we can ensure a well-balanced and delicious meal together.

## **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](mailto:alc@communitycareconcepts.ca), or over the phone 519-634-9225 ext. 9340.**

**Cardboard Bunnies** - Come and create some adorable bunnies out of cardboard that will make great Easter decorations in your home!

**Coffee Canister Herb Garden (Pt. 1 & 2)**— Join us as we re-use coffee containers to create little herb gardens! Part 1 will involve us painting and decorating the exterior of our herb gardens and part 2 will involve choosing and filling our herb gardens to prepare for spring and summer!