

ALC November 2024

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>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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00-4:00 - Monday Movie & Chat</p>	<p>5. 9:00-12:00 - Coffee Club & Billiards 9:30-12:00 - Creation Circle: Crochet Blankets</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00 - Rummikub 3:00-4:00 - Bible Study: Gospel of Mark</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 - Holiday Workshop: Clay Ring Holders</p>	<p>7. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Garden Club: Harvest Greens 1:00-2:00 - Puzzle Club 2:00-4:00 - Card Games</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>1:30-3:30 - Friday Craft: Embroidered Bookmarks</p>
<p>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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00-4:00 - Monday Movie & Chat</p>	<p>12. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Crochet Blankets 11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:45 - Music Bingo: Canadian Tunes</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 - Coffee Club</p> <p>1:00-4:00 - Billiards 1:00-3:45 - TechKnow</p>	<p>14. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Dutch Blitz 2:00-4:00 - 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>1:30-3:30 - Friday Craft: Step-by-step Painting</p>
<p>18. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Joy and Mental Health: Manshi Pandya</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00-4:00 - Monday Movie & Chat</p>	<p>19. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Crochet Blankets</p> <p>1:00-2:00 - Learn Together Workshop 2:00-3:00 - Yahtzee 3:00-4:00 - Bible Study: Gospel of Mark</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>12:00-2:00 - Congregate Dining* 1:00-4:00 - Billiards 1:30-3:30 - Holiday Workshop: Hot Chocolate Ornaments</p>	<p>21. 9:00-12:00 - Coffee Club & Billiards 11:00-12:00 - Garden Club: Harvest Greens</p> <p>1:00-2:00 - Book Club Discussion</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 - Coffee Club</p> <p>1:00-3:00 - Murder Mysteries & Escape Rooms</p>
<p>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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00-4:00 - Monday Movie & Chat</p>	<p>26. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle: Crochet Blankets 11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - Learn Together Workshop 2:15-3:45 - Music Bingo: Powerhouse Women</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 - TechKnow</p>	<p>28. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Puzzle Competition 2:00-4:00 - Brain Games</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>1:30-3:30 - Friday Craft: Intro to Quilling</p>

COFFEE CLUB

Drop in for coffee, tea, and treats weekday mornings 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.

BILLIARDS/SNOOKER

Drop in throughout the week for billiards or snooker at no charge.

MONDAY MOVIES

Join us as we screen a blockbuster film and indulge in delicious popcorn. This month's movie features are *Opportunity Knocks* (Nov. 4), *Memoirs of a Geisha* (Nov. 11), *To Kill a Mockingbird* (Nov. 18), and *The Best Exotic Marigold Hotel* (Nov. 25).

BOOK CLUB DISCUSSION

Consider the difficult life and themes featured in our November book *The Home of Unwanted Girls* by Joanna Goodman and receive our next book for December.

CONGREGATE DINING

Join us on November 20th for a delicious meal of *Potato Soup, Sweet and Sour Meatballs, Rice, Mixed Vegetables, Carrot Cake, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon November 15, 2024**. 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, beginners and experts alike! This is time for you to join us as we knit and crochet 8"x8" squares that can be turned into blankets to donate to Wilmot Family Resource Centre. Bring your supplies or come and borrow some of ours!

HOLIDAY WORKSHOP

'Tis the season! Join us as we create little gifts and crafts to give our family during 'the most wonderful time of the year'. Please pre-register as you would for regular crafts to ensure we have enough supplies!

GARDEN CLUB

Join us alternate Tuesdays and Thursdays for some indoor gardening. Grow micro-greens, veggies, herbs that you can enjoy at home.

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 "The History and Monuments Behind Remembrance Day" (Nov. 5), "How to Shop Online" (Nov. 12), "Scammer and Fraud Prevention" (Nov. 19), "The History of Black Friday" (Nov. 26).

BRAIN GAMES

Brain teasers, puzzles, word games, and trivia quizzes will provide a cognitive workout for all of us.

MUSIC BINGO

Join us for bi-weekly on Tuesday afternoons as we revisit some old favourites and discover some new songs. Prizes include \$5, \$10, and \$15 gift cards to local businesses!

PUZZLE COMPETITION

Calling all puzzle enthusiasts! We will race the clock and each other to assemble 99 piece puzzles.

TECH-KNOW

Sign up for individual guidance with your tech troubles! Register in advance in the ALC on the clipboard for timeslot with a general description of assistance needed.

MURDER MYSTERIES & ESCAPE ROOMS

Work together to engage in the intriguing and challenging world of solving mysteries and trying to escape (virtual) rooms! Depending on group size, this may be done as a whole group or smaller teams.

CRAFTS - Please see flyers 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.**

Embroidered Bookmarks - Looking for a gift to for the book lovers in your life? Join us as we embroider custom bookmarks! No prior experience embroidering required.

Step-by-step Painting - Join us as we paint together step by step. See flyer for example.

Intro to Quilling - Come and experience this unique form of crafting with paper known as quilling! Together we will learn some techniques to the art and work to create a simple design. See flyer for example.