

ALC October 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RED: Registration Required BLACK: Drop in Program BLUE: Special Series GREEN: Guest Speaker * : Fees Associated</p>	<p>1. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - History Workshop 2:15-3:45 - Music Bingo: TV Themes</p>	<p>2. 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>3. Staff Training - ALC Closed</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>1:30-3:30 - Friday Craft: Pumpkin Making</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>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00-4:00 - Monday Movie & Chat</p>	<p>8. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-2:00 - History Workshop 2:00-3:00 - Yahtzee 3:00-4:00 - Bible Study: Gospel of Mark</p>	<p>9. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Potluck</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Euchre</p>	<p>10. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Puzzle Competition 1:00-2:00 - Garden Club: Harvest Greens 2:00-4:00 - Crokinole and Card Games</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>1:30-3:30 Friday Craft: Fall Wreaths</p>
<p>14. Thanksgiving Monday - ALC Closed</p>	<p>15. 9:00-12:00 - Coffee Club & Billiards 11:00-12:00 - Garden Club: Microgreens 9:30-12:00 - Creation Circle</p> <p>1:00-2:00 - History Workshop 2:15-3:45 - Music Bingo: 50s Music</p>	<p>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 12:00-2:00 Congregate Dining*</p> <p>1:00-4:00 - Billiards 1:00-3:45 - TechKnow</p>	<p>17. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-2:00 - Book Club Discussion</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 - Coffee Club 11:00-12:00 - Music Facilitation</p> <p>1:30- 3:30 - Friday Craft: Yarn Art on Canvas Part 1</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>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00- 4:00 - Monday Movie & Chat</p>	<p>22. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle</p> <p>1:00-2:00 - History Workshop 2:00-3:00 - Dutch Blitz 3:00-4:00 - Bible Study: Gospel of Mark</p>	<p>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</p> <p>1:00-4:00 - Billiards 1:00-4:00 - Euchre</p>	<p>24. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-3:00 - Crokinole & Gin Rummy 1:00-2:00 - Garden Club: Harvest Greens</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>1:30-3:30 - Friday Craft: Yarn Art on Canvas Part 2</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>1:00-4:00 - Billiards 1:00-4:00 - Crokinole 1:00- 4:00 - Monday Movie & Chat</p>	<p>29. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - History Workshop 2:15-3:45 - Music Bingo: One Hit Wonders</p>	<p>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</p> <p>1:00-4:00 - Billiards 1:00-3:45 - TechKnow</p>	<p>31. 9:00-12:00 - Coffee Club & Billiards</p> <p>1:00-3:00 - Creation Circle 3:00-4:00 - Brain Games</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. If the movie ends early (as it often does), you are welcome to stick around and chat until 4!

BOOK CLUB DISCUSSION

Consider the accomplishments and trials of the human experience on October 17th as we discuss *Extraordinary Canadians* by Peter Mansbridge.

CONGREGATE DINING

Join us on October 16th for a delicious meal of *Coleslaw, Pork Roast with Gravy, Mashed Potatoes, Green Beans, Pumpkin Pie and Whipped Cream, Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon October 11th, 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! This is time for you to work on your knitting, crocheting, embroidery, or any craft you love. We will also knot fleece scarves to donate to Wilmot Family Resource Centre.

GARDEN CLUB

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

HISTORY WORKSHOP

Join us as we learn to think like historians and to assess primary sources. Upcoming topics are "Ancient Rome" (October 1), "Fairytale before Walt Disney" (October 8), "Napoleon Bonaparte" (October 15), "The Underground Railroad" (October 22), "Residential Schools in Canada" (October 29).

BRAIN GAMES

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

POTLUCK

Join us on Wednesday, October 9th 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.

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.

MUSIC FACILITATION

Come and interact with music therapy students as they show off their skills and treat us to a time of great music.

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.

CRAFTS - Please see flyers for examples **PLEASE NOTE: All CCC Crafts require registration in the ALC, through email at alc@communitycareconcepts, or over the phone 519-634-9225 ext. 9340.**

Pumpkin making- Join us as we craft all things pumpkin! There will be a variety of options from twine pumpkins to fabric pumpkins and more!

Fall Wreaths - Come and enjoy making a fall wreath to celebrate the holiday season!

Yarn Art on Canvas - Explore the exciting and eclectic world of yarn art on canvas! Embrace the abstract nature of art with this fun creation.

