

# ALC September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p><b>Labour Day—ALC closed</b></p>	<p>3.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards                      9:00-12:00 - Creation Circle: Fleece Blankets                      11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - History Workshop                      2:15-3:45 - Music Bingo: Oldies but Goldies</p>	<p>4.</p> <p>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 - <b>TechKnow</b></p>	<p>5.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards</p> <p>1:00-2:00 - Scrabble and Take Two                      2:00-4:00 - Crokinole and Wild Rummy</p>	<p>6.</p> <p>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: Card Making</b></p>
<p>9.</p> <p>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</p>	<p>10.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards                      9:30-12:00 - <b>Collaborative Painting</b></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>11.</p> <p>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 - <b>TechKnow</b></p>	<p>12.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards                      11:00-12:00 - Garden Club: Harvest Greens</p> <p>1:00-2:00 - Puzzle Competition                      2:00-4:00 - <b>Life Story Conversation: Childhood</b></p>	<p>13.</p> <p>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>1:30-3:00 - Music Bingo: 80s Music                      3:00-4:00 - Creation Circle</p>
<p>16.</p> <p>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</p>	<p>17.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards                      9:00-12:00 - Creation Circle: Fleece Blankets                      11:00-12:00 - Garden Club: Microgreens</p> <p>1:00-2:00 - History Workshop                      2:15-3:45 - Music Bingo: Country Classics</p>	<p>18.</p> <p>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 - <b>Congregate Dining</b>                      1:45-2:45 - <b>Hear Well Be Well Hearing Clinic</b>                      Guest Speaker Michelle Redgwell</p>	<p>19.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards</p> <p>1:00-2:00 - Book Club Discussion</p>	<p>20.</p> <p>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: Step-by-step Painting</b></p>
<p>23.</p> <p>9:00-9:45 - Free Exercise class by CCC                      10:00-10:45 - Free Exercise class by CCC                      11:00-12:00 - <b>Mental Health Workshop: Ambiguous Grief</b></p> <p>1:00-4:00 - Billiards                      1:00-4:00 - Crokinole                      1:00-4:00 - Monday Movie</p>	<p>24.</p> <p>9:00-12:00 - Coffee Club &amp; Billiards                      9:00-12:00 - Creation Circle: Fleece Blankets</p> <p>1:00-2:00 - History Workshop                      2:00-4:00 - Puzzle Club</p>	<p>25.</p> <p>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>26.</p> <p><b>Township Closure—ALC closed</b></p>	<p>27.</p> <p>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>1:30-3:00 - Music Bingo: 60s Music                      3:00-4:00 - Creation Circle</p>
<p>30.</p> <p>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</p>			<p><b>RED: Registration Required</b>  <b>BLACK: Drop in Program</b>  <b>BLUE: Special Series</b>  <b>GREEN: Guest Speaker</b>                      * : Fees Associated</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, indulge in delicious popcorn, and enjoy some lemonade.

**BOOK CLUB DISCUSSION**

Consider the wonder and sorrow of the human experience on September 19 as we discuss *An American Marriage* by Tayari Jones and receive our next book.

**CONGREGATE DINING**

Note that this lunch will be held the **third Wednesday each month** as of September. More details forthcoming.

**CREATION CIRCLE**

Calling all creatives to knot fleece blankets to donate! Bring your own individual projects to work on as well.

**GARDEN CLUB**

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

**LIFE STORY CONVERSATION**

This series allows us to reflect on, share, and listen to our memories with respect and care for ourselves and each other. Each session focuses on a theme, drawing forth our various human experiences in a safe, nonjudgmental space.

**HISTORY WORKSHOP**

Join us as we learn to think like historians and to assess primary sources. Upcoming topics are “English Broadside Ballads” (September 3), “1834 Cholera Outbreak, Galt” (September 10), “Slave Voyages” (September 17), “Federal Writers’ Project: Slave Narratives” (September 24).

**BRAIN GAMES**

Brainteasers, 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.

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