NOVEMBER ALC 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 1:00-4:00 - Billiards 1:30-3:30 - Milk Bag Mats	3 9:00-12:00 Coffee Club and Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Learn Together 2:00-3:00 - Poetry Workshop 3:00-4:00 - Scrabble and Jeapordy	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 1:00-4:00 - Billiards 1:30-3:30 - Tech Basics and Tech Help	5 9:00-12:00 Coffee Club and Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-4:00 - Euchre and Card Games 2:00-4:00 - Scrabble and Jeapordy	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 1:00-4:00 - Billiards 1:30-3:30 - Craft: Polka Dot Painting on Terracotta Pots Craft
9 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Coffee Club 1:00-4:00 - Billiards 1:00-4:00 - Movie and Chat	10 9:00-12:00 Coffee Club and Billiards 9:00-12:00 -Creation Circle and Garden Club 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Learn Together 2:15-3:30: Music Bingo: Vacation Music	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 1:00-4:00 - Billiards 1:00-3:00 - Show and Share	12 9:00-12:00 Royal Tea Club and Billiards 9:00-12:00 -Creation Circle and Garden Club 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Word Searches, crossword and suduko 2:00-4:00 - Easy Meals for One Part 2	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 and Bag Pipes and chat 1:30-3:30 - Craft: Step-By-Step Painting with Dundee Doodle
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 1:00-4:00 - Billiards 1:30-3:30 - Milk Bag Mats	17 9:00-12:00 Coffee Club and Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Learn Together 2:00-3:00 - Line Dancing 3:00-4:00 - Scrabble and Jeapordy	**18** **ALC CLOSED ALL DAY** **HEALTH FAIR UPSTAIRS** **10am-2pm**	19 9:00-12:00 Coffee Club and Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Birthday Club 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Book Club 2:00-4:00 - Scrabble and Boggle	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 1:00-4:00 - Billiards 1:30-3:30 - Catch-up and Finish Existing Crafts Day
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 1:00-4:00 - Billiards 1:00-4:00 - Movie and Chat	24 9:00-12:00 Coffee Club and Billiards 9:00-12:00 -Creation Circle and Garden Club 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Learn Together 2:15-3:30 - Music Bingo: Country Classics	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 1:00-4:00 - Billiards 1:30-3:30 - Tech Basics and Tech Help	26 9:00-12:00 Coffee Club and Billiards 9:00-12:00 -Creation Circle and Garden Club 9:00-12:00 - Scrapbooking and Puzzle Club 1:00-2:00 - Airplane making and racing 2:00-4:00 - Scrabble and Jeapordy	27 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 -Guest Speaker: Chiropodist 1:00-4:00 - Billiards 1:30-3:30 -Craft: Crochet Christmas Ornamet
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 1:00-4:00 - Billiards 1:30-3:30 - Milk Bag Mats				**RED:** Registration Required **BLACK:** Drop in Program **BLUE:** Special Series **GREEN:** Guest Speaker ***** : Fees Associated

NOVEMBER ALC 2026

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 November 19th as we discuss The Difference by Marina Endicott and receive our next book for November.
CONGREGATE DINING
Join us on November 18th for a delicious meal of Chicken Noodle Casserole, Salad with dressing that is GLUTEN AND DAIRY FREE, Lemon Cake, and Tea & Coffee. **PRE-REGISTRAION IS FULL AND REQUIRED**
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.
GAMES
Step right in for exhilarating card and board games – the fun never stops! Beginners and pros are all welcome here. Games include: RUMMIKUB, BOGGLE, DUTCH BLITZ, SKIPBO, SCRABBLE, DOMINOES, JEA & CARDS
GARDEN CLUB
Join us alternate Tuesdays and Thursdays for some indoor gardening. Grow microgreens, herbs, flowers, and other plants that you can enjoy at home.
GUEST SPEAKER
Join us on Friday, November 13 to listen to some music on the bag pipes and chat with a bag pipe player! Join us Friday, November 27 to hear from Krista who is a Chiropodist about foot and lower limb health.
LEARN TOGETHER
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. Topics this month will include "Synesthesia" (November 3), "Animals in The Arctic and Antarctic" (November 10), "How Music has Changed Over the Years" (November 17), "The Evolution of Movies and Story Telling" (November 24)
MUSIC BINGO
Join us for bi-weekly on Tuesday afternoons as we revisit some old favourites and discover some new songs. Vacation Music Bingo (November 10) and Country Classics Bingo (November 24)
MONDAY MOVIES & CHAT
Join us as we screen a blockbuster film and indulge in delicious popcorn. This months movie features are *Sully* (November 9) and *Jumanji: Welcome to the Jungle* (November 23).
LINE DANCING –New series featuring modified line dancing moves and great music!

ACTIVE LIVING CENTRE (55+)
519-634-9225 EXT. 9340#
For questions & suggestions email: alc@communitycareconcepts.ca

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 special series where we will celebrate all of the birthdays of the month! Come if its 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 BASICS AND TECH HELP (PREVIOUSLY TECH KNOW)
Feel free to drop into the ALC to learn different aspects of technology from sending emails to learning the differences between brands!
CRAFTS & MINI CRAFTS– Please see flyer 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#.
Catch up day - Join us to finish up and pick up any existing crafts here at the ALC or from home!
Step by step painting with Dundee Doodle - Join us for a fun afternoon of painting with Jill from Dundee Doodle!
Polka Dot Painting on Terracotta Pots - Join us to decorate terracotta pots and other plant pots for the Health Fair or to take home!
Crocheted Christmas Ornaments - Join us to make soft and beautiful crotched christmas tree ornaments for your tree or for a gift!
MILK BAG MATS
Join us as we come together to create these milk bag mats that will be donated to help those in need. These mats provide comfort, insulation, and protection for people facing difficult circumstances. Everyone is welcome!
AIRPLANE MAKING AND RACING
Join us to make and decorate your paper airplanes with a race at the end! See who can make the fastest and furthest travelling paper airplane!
ROYAL TEA CLUB
Join us for some tea and treats for tea club every second Tuesday of the month! Dress up and have some fun socializing with tea cups and tea pots!
SHOW AND SHARE
Join us and share about an item or belongong that you are proud of, or makes you happy or that you want to show off!
EASY MEALS FOR ONE
Join us to learn simple, easy meals for one! This month: Microwaved Dessert!
POETRY WORKSHOP
Join us as we learn to create Haiku's together and share with our poems with everyone!