

ALC October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED: Registration Required BLACK: Drop in Program BLUE: Special Series GREEN: Guest Speaker * : Fees Associated			1. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle:Fleece Blankets 11:00-12:00 - Garden Club 1:00-3:00 - Euchre & Card Games 2:00-3:20 - Colouring Club <u>*CLOSING AT 3:20*</u>	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 1:30-3:30 – Craft: Fall Leaf Candle Holders
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 1:00-4:00 - Billiards 1:30-3:30 - Milk Bag Mats	6. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Quilted Chair Pouches 9:00-12:00 - Scrapbooking 1:00-2:00 - Learn Together Workshop 2:00-4:00 - Scrabble and Boggle	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 1:00-4:00 - Billiards 1:00-4:00 - Tech Basics Part 1 and Tech Help	8. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Royal Tea Club 1:00-4:00 - Rummikub 2:00-4:00 - Lego Building 2:00-4:00 - Colouring Club	9. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Guest Speaker: Holly from Hear Well Be Well 1:00-4:00 - Billiards 1:30-3:30 – Craft: Beaded Plants
ALC CLOSED — Happy Thanksgiving!	13. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrap Booking 11:00 -12:00 - Garden Club 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Boy Band Bingo	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 1:00-4:00 - Billiards 1:00-2:00 - Show and Share 2:00-4:00 - scrabble and boggle	15. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle:Fleece Blankets 9:00-12:00 – Birthday Club 11:00-12:00 - Garden Club 1:00-2:00– Book Club Discussion 2:00-4:00 - Mancala & Chess 2:00-4:00 - Colouring Club	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 and Thanksgiving Potluck 1:30-3:30 – Craft: Step-by-Step Painting with Jill
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 1:00-4:00 - Billiards 1:30-3:30 - Milk Bag Mats	20. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking 1:00-2:00 - Learn Together Workshop 2:00-3:00 - Art Gallery walk through 3:00-4:00 - Scrabble	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 12:00-2:00 - Congregate Dining* 1:00-4:00 - Billiards 1:00-4:00 - Tech Basics Part 2 and Tech Help	22. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 1:00-2:00 - Line Dancing 2:00-4:00 - Lego Building 2:00-4:00 - Colouring Club	23. 9:00-9:45 - Free Exercise class by CCC 10:00-10:45 - Free Exercise class by CCC 11:00-12:00 - Guest Speaker: Taylor from Castle Kilbride on the history of Wilmot Township 1:00-4:00 - Billiards 1:30-3:30 – Craft: Ghost Jar Landscapes
26. 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 - Monday Movie & Chat	27. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 9:00-12:00 - Scrapbooking 11:00 -12:00 - Garden Club 1:00-2:00 - Learn Together Workshop 2:15-3:30 - Music Bingo: Disney Bingo	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 1:00-4:00 - Billiards 1:00-4:00 - Tech Basics Part 3 and Tech Help	29. 9:00-12:00 - Coffee Club & Billiards 9:00-12:00 - Creation Circle 11:00-12:00—Garden Club 1:00-2:00 - Puzzle Club 2:00-4:00 - Easy Meals for one *PLEASE REGISTER IN ADVANCE* 2:00-4:00 - Colouring Club	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 – Craft: Halloween Wreath

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 October 15th as we discuss *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin and receive our next book for November.

CONGREGATE DINING

Join us on October 21st for a delicious meal of *Squash Soup, Sausage and Sauerkraut, Mashed Potatoes and Corn, Pumpkin Pie and Whipped Cream, and Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon October 16, 2026**. To sign up, call 519-664-1900 or Toll Free: 1-855-664-1900. The fee for this meal is **\$15**.

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, BOGGLE, DUTCH BLITZ, SKIPBO, SCRABBLE, DOMINOES & CARDS

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, flowers, and other plants that you can enjoy at home.

GUEST SPEAKER

Join us on Friday, October 9 to hear Holly from Hear Well, Be Well. Join us on Friday, October 23 to hear Taylor from Castle Kilbride - Wilmot Heritage.

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 "History of Fort George" (October 6), "Deep Sea Creatures" (October 13), "Development of the brain" (October 20), "History of puzzles" (October 27)

MUSIC BINGO

Join us for bi-weekly on Tuesday afternoons as we revisit some old favourites and discover some new songs. *Boy Band Bingo* (October 13) and *Disney Bingo* (October 27)

MONDAY MOVIES & CHAT

Join us as we screen a blockbuster film and indulge in delicious popcorn. This month's movie features are *The Way* (October 26).

LINE DANCING –New series featuring modified line dancing moves and great music!

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 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.

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.ca, or over the phone 519-634-9225 ext. 9340#.

Fall Leaf Candle Holders - Use autumn leaves to create a warm, cozy candle holder!

Beaded plants - Join us to make little decorative plants made from beads and wire that can catch the sunlight and make any space more sparkly!

Step by step painting with Jill - Join us for a fun afternoon of painting with Jill from Dundee Doodle!

Ghost in a Jar - Join us as we make a small spooky scene in a mason jar and create cute little homes for paper mache ghosts!

Halloween Wreaths - Join us to create Halloween themed wreaths you can put anywhere to celebrate Halloween or Autumn!

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!

QUILTED POUCHES

Join us as we create pouches out of quilted squares where you can store your phones, television remotes and more!

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!

ART GALLERY WALK THROUGH

Join us as we appreciate each others art with coffee, tea and snacks! Learn about the art, the artist and show off your own art!

EASY MEALS FOR ONE

Join us to learn simple, easy meals for one! This month: soup in a jar!