

# ALC September 2026



| MONDAY                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                       | <p>1.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking<br/>11:00 -12:00 - Garden Club</p> <p>1:00-2:00 - Learn Together Workshop<br/>2:15-3:30 - Music Bingo: Broadway Tunes</p>    | <p>2.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:00-3:30 - <b>Summer Student Goodbye Party</b></p>                                  | <p>3.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle:Fleece Blankets<br/>11:00-12:00 - Garden Club</p> <p>1:00-4:00 - Euchre &amp; Card Games<br/>2:00-4:00 - Colouring Club</p>                                                                        | <p>4.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:30-3:30 - <b>Craft: Recycled Magazine Collag-ing</b></p>                                                                   |
| <p>ALC CLOSED<br/>—<br/>Labour Day</p>                                                                                                                                                                | <p>8.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop<br/>2:00-3:00 - Jeopardy<br/>3:00-4:00 - Boggle &amp; Skipbo</p>                  | <p>9.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - <b>Guest Speaker: Andrew from Warm Embrace</b></p> <p>1:00-4:00 - Billiards<br/>1:00-4:00 - <b>TechKnow</b></p>                   | <p>10.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle</p> <p>1:00-4:00 - Rummikub<br/>2:00-4:00 - Lego Building<br/>2:00-4:00 - Colouring Club</p>                                                                                                      | <p>11.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:30-3:30 - <b>Craft: Friendship Bracelets</b></p>                                                |
| <p>14.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:00-4:00 - Monday Movie &amp; Chat</p> | <p>15.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking<br/>11:00 -12:00 - Garden Club</p> <p>1:00-2:00 - Learn Together Workshop<br/>2:15-3:30 - Music Bingo: Around the World</p> | <p>16.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>12:00-2:00 - <b>Congregate Dining*</b></p> <p>1:00-4:00 - Billiards<br/>1:00-3:30 - <b>Show and Share</b></p> | <p>17.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle:Fleece Blankets<br/>9:00-12:00 - <b>Birthday Club</b><br/>11:00-12:00 - Garden Club</p> <p>1:00-2:00- Book Club Discussion<br/>2:00-4:00 - Mancala &amp; Chess<br/>2:00-4:00 - Colouring Club</p> | <p>18.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:30-3:30 - <b>Craft: Step-by-Step Painting with Jill</b></p>                                                               |
| <p>21.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:30-3:30 - <b>Milk Bag Mats</b></p>     | <p>22.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking</p> <p>1:00-2:00 - Learn Together Workshop<br/>2:00-3:00 - Jeopardy<br/>3:00-4:00 - Scrabble</p>                            | <p>23.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:00-4:00 - <b>TechKnow</b></p>                                                     | <p>24.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle</p> <p>1:00-2:00 - Puzzle Club<br/>2:00-4:00 - Lego Building<br/>2:00-4:00 - Colouring Club</p>                                                                                                   | <p>25.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - <b>Guest Speaker: Jenn from Community Support Connections</b></p> <p>1:00-4:00 - Billiards<br/>1:30-3:30 - <b>Craft: Fall Bean Mosaics</b></p> |
| <p>28.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45 - Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:00-4:00 - Monday Movie &amp; Chat</p> | <p>29.<br/>9:00-12:00 - Coffee Club &amp; Billiards<br/>9:00-12:00 - Creation Circle<br/>9:00-12:00 - Scrapbooking<br/>11:00 -12:00 - Garden Club</p> <p>1:00-2:00 - Learn Together Workshop<br/>2:15-3:30 - Music Bingo: 90's Music</p>       | <p>30.<br/>9:00-9:45 - Free Exercise class by CCC<br/>10:00-10:45- Free Exercise class by CCC<br/>11:00-12:00 - Coffee Club</p> <p>1:00-4:00 - Billiards<br/>1:15-3:00 - <b>Intro to Artificial Intelligence Part 3</b></p>                      |                                                                                                                                                                                                                                                                                        | <p><b>RED:</b> Registration Required<br/><b>BLACK:</b> Drop in Program<br/><b>BLUE:</b> Special Series<br/><b>GREEN:</b> Guest Speaker<br/><br/>* : Fees Associated</p>                                                                                         |

## **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 September 17th as we discuss *Broken Country* by Clare Leslie Hall and receive our next book for October.

## **CONGREGATE DINING**

Join us on September 16th for a delicious meal of *Garden Salade, Chicken, Roasted Potatoes, Bean and Carrot Medley, Apple Crisp with Ice Cream, and Tea & Coffee*. This lunch will be held the **third Wednesday each month** going forward, and pre-registration is required by **noon September 11, 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 Wednesday, September 9 to hear Andrew from Warm Embrace. Join us on Friday, September 25 to hear Jenn from Community Support Connections.

## **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](mailto:alc@communitycareconcepts.ca). Topics this month will include "Fall of the Berlin Wall" (September 1), "The Mandela Effect" (September 8), "The Life of Jane Austen" (September 15), "History of Origami" (September 22), "Early Women of NASA" (September 29).

## **MUSIC BINGO**

Join us for bi-weekly on Tuesday afternoons as we revisit some old favourites and discover some new songs.

## **MONDAY MOVIES & CHAT**

Join us as we screen a blockbuster film and indulge in delicious popcorn. This month's movie features are *The Intern* (September 14), *The Sheep Detectives* (September 28).

## **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 new 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-KNOW**

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

## **CRAFTS & MINI CRAFTS– Please see flyer for examples**

**PLEASE NOTE:** All CCC Crafts require registration in the ALC, through email at [alc@communitycareconcepts.ca](mailto:alc@communitycareconcepts.ca), or over the phone 519-634-9225 ext. 9340#.

**Recycled Magazine Collages** - Use your imagination to create a new image out of old magazines!

**Friendship Bracelets** - Join us with your best friend to make friendship bracelets for each other!

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

**Fall Bean Mosaics** - Join us in creating fun patterned mosaics using dried beans and legumes!

## **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!

## **SHOW AND SHARE**

Join us with an item or personal belonging you love and wish share with the group! You can bring an item, craft, photo, etc. The options are endless!

## **SUMMER STUDENT GOODBYE PARTY**

Join us as we say good-bye and good luck to our summer students as they return to school! There will be snacks and beverages. So come on out for some afternoon fun!

## **INTRO TO ARTIFICIAL INTELLIGENCE—PART 3**

Join us to learn to spot the differences between AI videos and non-AI videos. Learn to check between accurate information and what AI may provide. Lastly, learn about how to spot auditory AI in phone calls and videos!