

Summer 2010 Schedule

	PROGRAM	AGE GROUP	DAY	TIME	LOCATION	COST
E A R L Y Y E A R S	Outdoor Playgroup	Parent/Caregivers Children 0-6	Tuesdays and Thursdays	9:15am—11:00am	Coronation Public School Gym	\$2.00 donation
	Early Years Drop-In	Parent/Caregiver Children 0-6 Children 0-6 Children 2-6	Mondays Tuesdays Wednesday	9:00-10:45am 6:00-7:45pm 9:00-10:45am	CHC	0.50 per child for child care
	Stories in the Park	Families	Wednesdays	9:30-10:30am	Studiman Park	No Cost
	Cooking Healthy Together	Adults	Fridays	12:45—2:45pm	CHC	\$2.00 per week
	Summer Program Registration Schedule:	Registration is at the Resource Centre, 887 Langs Dr. Unit 3—Program Entrance	Mon, June 21st 9:00 am—4:30pm	Tue, June 22nd 9:00am—7:00pm	Wed, June 23rd 9:00am—4:30pm	Youth & Teen Centre Dates: Thu, June 24th 2:30pm—5:00pm Fri, June 25th 2:30pm—5:00pm
Y O U T H & T E E N	Morning Soccer	8-10 years	Monday and Wednesday	9:30—10:30 AM	W. G. Davis School Field	\$8.00 for season
	Morning Sports	5-7 years	Tuesday and Thursday	9:30—10:30 AM	Coronation School Baseball Diamond	\$10.00 for season
	Adventure Playground	5-7 years	Monday—Friday	1:00-3:30 PM	Coronation Public School	\$10.00 per week/ \$8.00 for additional child in family
	Summer Playground	8-10 years	Monday-Friday	1:00-3:30 PM	WG Davis Senior Public School Gym	\$10.00 per week/ \$8.00 for additional child in family
	Preteen “Down to Earth” Program	11-13 years	Tuesday, Wednesday, and Thursday	1:00-3:30 PM	Youth and Teen Centre	\$8.00 per week
	LIT Training Application deadline—June 19	12-15 years	Wednesday	4:00-5:00 PM	Youth and Teen Centre	No cost
	Monday Night Drop-In	5-11 years 12-17 years	Monday	6:00-7:30 PM 7:30-9:00 PM	Youth and Teen Centre	No cost
	Teen Outings	14-17 years	Friday Afternoons	Varies	Youth and Teen Centre	\$5.00 /week
	Wednesday Night Teen Drop-In	14-17 years	Wednesday	7:00-9:00 PM	Youth and Teen Centre	No cost
	A D U L T	Thursday Night Drop-In	11-13 years	Thursday	6:00-7:30 pm	Youth and Teen Centre
Friday Night Drop-In		11-13 years 14+ years	Friday	6:00-7:30 PM 7:30-9:00 PM	Youth and Teen Centre	No cost
Take a Break Starts July 7th		Adult Women	Wednesday	12:45-2:45 pm	CHC	\$1.00 donation per session \$2.00 (craft day)



Langs Farm Village Association

Summer Newsletter 2010



Word From the Chair

With the warmer weather we all seem to be counting down the days until summer! When making your summer plans remember - there are many great programs for you and your family at Langs during the summer months.

Please mark on your calendar **June 18th from 11am—1pm** to attend our **Annual General Meeting**. Thank you to our committee members: Victor Lujetic, Jo-Ann Rickard, RomaLee Bumbacco, Donna Mae Fleet and Jeanne Dumont for organizing this event. We will also be bidding farewell to Board members: **Ann Hawkins, Brian Arn, Donna Mae Fleet**. Each of these Board members has served Langs for many years and we are very appreciative of their contributions to our organization. At Langs we are very privileged to have so many great volunteers in our programs, committees and on the Board. In 2009-2010, Langs had over 244 active volunteers who contributed a total of 10,974 hours.

We are very excited to announce that we will be launching our 30th Anniversary Book at the AGM. Thank you to the committee members, staff and authors who dedicated months to completing this project. The book is in the process of being printed, and will be available for pre-orders at the AGM. In addition, we are pleased to announce that an architect firm and fundraiser firm has been hired to start the process of planning our new Long Term Facility on our land on Concession Rd. We will continue to keep you posted about our work on this exciting new venture.

On behalf of the Board of Directors of Langs Farm Village Association, I wish you a great summer and hope to see out at our events.

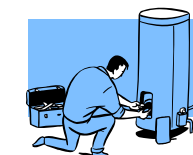
Mark Godin, Chair

What's Inside...

- Early Years Programs
- Youth and Teen Programs
- Volunteers
- Adult Programs
- Outreach Services

**Direct Energy is offering
3 Months Free Rent!
For Residential Water
Heater Rental!**

**See inside for
more details!**



Please join us at our
**28th Annual General Meeting and
30th Anniversary Book Launch**
On Friday, June 18, 2010 to celebrate:
**“Growing Up Langs:
Changed Lives, A Changed Community”**

Royal Canadian Legion, Preston Branch 126,
334 Westminster Dr. N. Cambridge
RSVP to Jeanne at 653-1470 ext. 240 by June 11th
(Call Suzanne at 653-1470 ext 286 to book Childcare in advance)



Our Locations:

Community Health Centre
887 Langs Drive, Unit #1
519-653-1470
Resource Centre
887 Langs Drive, Unit #4
519-653-1182
Youth and Teen Centre
581-E Langs Drive
519-653-1263
North Dumfries CHC
53 Hilltop Dr. Ayr
519-632-1229

Adult Programs and Services

Parents Supporting Parents

Need help getting through your children's teenage years? Parents Supporting Parents is parents listening and sharing with other parents.

Check us out the first Thursday of the month. Meetings are June 4th, July 8th and August 5th. Call Julie at 653-1470 ext. 324 for more details.



Volunteers

We greatly appreciate the work of volunteers. We have many dedicated and wonderful volunteers who offer their time, energy and talents to keep the work of Langs Farm Village Association continuing.

If you want to help out, opportunities include the resource centre, youth and teen centre and the early years program. Call the volunteer coordinator at 519-653-1470 ext. 232

How can an Outreach Worker help?

- * Is your family struggling with food or don't have the extra money to take the bus to get to an appointment this month?
- * Do you want to go back to school to upgrade your education so you can get a better job, but just can't find the extra money?
- * Or is your child wanting to participate in a recreational activity but you can't afford to pay for it?

Call Crystal at 653-1470 ext 235 for information on support.

Street Gang Prevention Survey

The Waterloo Region Crime Prevention Council is asking citizens to fill out a community survey. The survey is part of the community assessment for the Waterloo Region Street Gang Project, a collaborative project involving numerous community partners.

The survey will ask about your perceptions of and experiences with street gangs in the Waterloo Region. It will take you less than 10 minutes to complete and you can win a prize. Please go to www.preventingcrime.ca and click on the "take our survey" button.

It's Gardening Time!!

Langs needs people interested in gardening to help with the Community Garden located behind the police station on Hespeler Rd.



Anyone is welcome to help plant, maintain or harvest. Call Julie at 653-1470 ext. 324 for more details.

Guy's Night Out (adult men) Snack Night!



An evening of social and recreational fun for adult men! Enjoy some snack type foods while you chat.

- * Monday July 19th, 2010
- * 5:30 pm to 7:30 pm
- * Langs Farm
- * Cost: \$2.00

Childcare provided, sign up ahead of time, space is limited.

Girl's Night Out- Snack Night!



Enjoy snacks with one another as we socialize and play games.

- * Monday July 5th, 2010
- * 5:30 pm to 7:30 pm
- * Cost: \$2.00
- * Langs Farm

Childcare provided, sign up ahead of time, space is limited.

Call Tammy at 653-1470 ext. 228 to register for Adult Programs

Call Julie at 653-1470 ext 324 for Community Programs

Adult and Youth Opportunities

Grand Bend Day Trip- all ages

Spend a day in the lovely town of Grand Bend. Lot's of recreational activities to do for all ages. Enjoy the beautiful scenery of Lake Huron while relaxing or swimming at the beach, walk down the shopping strip, enjoy your lunch by the water or on the strip or bring a book to read!



Thursday August 19th, 2010

- * 9:00 am to 5:00 pm
- * Meet at Resource Centre at 8:45 am
- * Age: for all ages
- * Cost: \$7.00 adult, \$5.00 infant/child/youth
- ****Money is due on or before July 19th in order to hold your spot. If money is not paid by July 19th participants name will go no the waiting list.**

- * No refunds after July 20th.
- * Rain date: Friday August 20th
- * Space is limited
- * Bring your own lunch (or buy it there), towels, chairs, sunscreen and blankets for the beach area if wanted. There is also a splash pad area for the children.
- * For more information or register contact Tammy 653-1470 Ext. 228

Leaders In Training (L.I.T.'s)

Come volunteer as an Leader In Training (L.I.T) with the summer programs at the Langs Farm Youth and Teen Centre. Assist the Summer Leaders plan and run the youth programs.

- * Training Date: June 30th, 2010
- * 5:30pm-8:30pm
- * Langs Youth and Teen Centre
- * Age: 13 years old – 16 years old
- * Be sure to submit an L.I.T application form to Volunteer Coordinator **
- * Call Jill at 653-1263 if you have questions



True Colours Workshop: Learning about Ourselves and Others

Come join us to learn more about yourself and how personalities affect the ways we deal with conflict in relationships

- * Monday, June 14th from 9:30am - 11:30am
- * Multipurpose Room
- * To register, contact Julie at 653-1470 ext. 324 (Childcare will be provided;please register in advance)

Computer Training Opportunity



Where can you get free computer training and learn some new programs? At Langs Farm with our FREE computer training workshops! Space is limited for these workshop. Location is in the Resource Centre.

Intro to Computers

This is a beginner basics in using a computer and understanding the icons and how to use the computer.

Monday July 19th, 2010
5:30 pm to 7:30 pm

Summer Clothing Giveaway



It's free and you are all invited!

- * Tuesday June 15th from 4:00 to 6:30 pm
- * Wednesday June 16th from 9:00 am to 12:00 noon

Multi-purpose Room both days

**You can also register for Summer programs during the Giveaway times!

Clothing Donations are welcome in the Resource Centre ONLY from June 1st to 11th. For more information contact the Resource Centre 653-1182

Early Years Programs

Early Years Drop In Summer Programming

Parents and Caregivers of children 0-6 years come in and check out the program.

Monday and Wednesday mornings and Tuesday evenings will be filled with information about being a parent and it's a great time to link with other parents. Childcare will be provided during the sessions.

Stories In The Park

"Stories in The Park Program" is for families in the community. The program promotes literacy through story telling, featuring a different author each week. Weekly Book Draws.



Come join us for fun stories, songs and games at Studiman Park on Trico Drive Wednesdays in the morning from 9:30-10:30 am.

For more information call Suzanne at 519-653-1470 ext. 286.

Summer Outdoor Playgroup

Join us Tuesday and Thursday mornings at the Coronation Public School for Summer Fun from 9:15-11:00 a.m.



Highlights include: Making Slushies, Visit to Library, Kite Flying, Bear Mask Craft, Crazy Hair Day, making Silly Hats. Donation of \$2.00 per family. For more information call Suzanne at 653-1470 ext. 286.

Books For Birthdays

Celebrate your child's birthday with Langs Farm during the month of your child's birthday drop into the Resource Centre and receive a free book. Call 653-1182 for more information.



Please call Sandra at 653-1470 ext. 231 for more information and to register.

You're Still Dad: Parenting After a Separation Workshops

Join to learn more about the separation experience as a father.

- * Dates: Wednesday, July 7th and 14th
- * Time: 6:00 p.m.—8:00 p.m.
- * Location: Langs CHC
- * Contact Barry Lillie at 519-342-1351 or Sandra at 653-1470 ext. 231 to register



Cooking Healthy Together

- * Do you want to learn more about healthy food choices and cooking methods?
- * This 6 week program gives you hands on cooking experience. The cost is \$2.00 per week.



Pre-registration is necessary for the program and childcare. For more information call Sandra at 653-1470 ext. 231.

Collective Kitchens

Join us the third Monday in the month of June, July and August for the Collective Kitchen program. Participants will create a meal to take home to their family.

- * Cost will vary depending on the recipes chosen by the group (\$5-\$10).
- * Please contact Sandra at 653-1470 ext. 231 for more information.

Father's Day Event

CALLING ALL DADS with children 0-12 yrs. Come spend a fun evening bonding with your children, enjoy a BBQ meal, make your own sundae, enjoy fun games and crafts, connect with other dads and receive prizes.



- * Tuesday June 22nd 5:30-7:30 pm at Langs Farm.
- * Call Suzanne at 653-1470 ext. 286 to sign up.

Community Youth Programs

Morning Soccer

Come out and learn basic soccer skills and have fun with friends!

- * Monday and Wednesday
- * July 5 – August 11, 2010
- * 9:30am-10:30am
- * W.G Davis Field
- * Age: 8-10 years old
- * Cost: \$10.00 for whole season



There is no program on August 2nd due to civic holiday. End of Season Sports Banquet will be held on August 11th.

Down To Earth

A youth program that combines adventure with the environment. A mix of outings, swimming and activities!

- * Tuesday, Wednesday, Thursday
- * July 6 – August 12, 2010
- * Age: 11 years old to 13 years old
- * Time: 1:00pm-3:30pm
- * Location: Youth and Teen Centre
- * Costs: \$8.00 a week

Teen Outings

A program for teens with a variety of different special outings located around the city of Cambridge.

- * Fridays, July 9th – August 13, 2010
- * Age: 14 years old – 16 years old
- * Time: Specific time varies depending on outing – all are in afternoon
- * Location: Pick up and Drop-off are at the Youth and Teen Centre, but locations vary pending on outing
- * Cost: \$5.00 per event

Call Jill at the Youth and Teen Centre if you have any questions on programs 653-1263

Summer Playground

Come join us for weeks of summer fun at the Summer Playground weekly summer camp.

- * Mon-Fri from 1:00pm-3:30pm
- * William G Davis Public School – Gymnasium
- * Ages: 8 years old – 10 years old
- * \$10.00 per week for 1 child and
- * \$8.00 per week for 2nd child

There is no program on August 2nd due to the civic holiday

Adventure Playground

Come join us for weeks of summer fun at the Adventure Playground weekly summer camp.

- * Mon-Fri from 1:00pm-3:30pm
- * Coronation Public School – Gymnasium
- * Ages: 5 years old – 7 years old
- * \$10.00 per week for 1 child and
- * \$8.00 per week for 2nd child

There is no program on August 2nd due to civic holiday.

Morning Sports

A program designed to introduce new and exciting games to youth and allow them to come out and have fun with their friends.

- * Tuesdays and Thursdays
- * July 6 – July 8, 2010
- * Coronation Public School Field – Lower Campus
- * Age: 5 years old – 7 years old
- * Cost: \$10.00 for the whole summer

Tuesday Night Sports

A fun-filled evening with different sports each week.

- * Tuesdays
- * 6:00pm – 8:00pm
- * W.G. Davis Field
- * Age: varies pending on activity
- * Cost: free

Watch for updates and information as to what sports/activities will be held.

Partners Services On Site at Langs

Community Partners Schedule

Community Legal Services	Mon	1:00-4:30
Adult Employment Counselling	Tues	9:30-1:00
Youth Employment Counselling	Tues	1:00-4:30
Housing Transition Worker	Wed	9:30-12:00



Youth Employment Counselling

Cambridge Career Connections offers employment support for youth ages 16-24 on-site every Tuesday from 1:00-4:30 pm. Drop in or call the Resource Centre for an appointment. Summer Jobs is a free service that helps students gain work experience through summer employment. Contact Cambridge Career Connections at ccc@waterloo.johnhoward.on.ca or (519)-622-0815

Community Legal Services

This clinic provides legal assistance to low-income individuals. They deal with the following types of legal problems: Landlord and Tenant, Social Assistance including Ontario Works and Ontario Disability, Canada Pension, Worker's Compensation, Criminal Injuries Compensation, Debtor-Creditor, Wills and Powers of Attorney, Employment Insurance, Human Rights, Consumer law. The clinic does not deal with matters concerning the following types of law: family law, real estate, criminal law, personal injury and wrongful dismissal. For more information or to make an appointment please call 519-743-0254.



Adult Employment Counselling

Lutherwood supports adults 25+ years looking for employment, faxing resumes and more at Langs Farm every Tuesday from 9:30 am-1:00 pm. Drop in or call the Resource Centre for an appointment.

Housing Transition Worker

On Wednesdays from 9:30-12 noon, a Housing Counsellor from Lutherwood will be here if you need support or information regarding housing.



Be Sun Safe

Skin cancer is preventable. Be sun smart and practice these sun safety precautions. **What You Can Do:**



Avoid spending long periods of time in the sun from 11am to 4pm.



Look for shaded areas or create your own shade.



Cover up with clothing:

- * Wear loose fitting, tightly woven fabrics. Lycra or polyester is better than cotton
- * Wear a hat with wide brim or a flap that covers the ears and back of your neck



Put on UV protected sunglasses



Use sunscreen with SPF 15 or higher that gives protection from both UVA and UBA rays.



Keep babies under one year of age out of direct sunlight.

Tanned skin is damaged skin!!



Preston Towne Market

A Neighbourhood Market at Preston Towne Centre, Central Park (corner of King & Argyle, Cambridge)

Every Thursday (1:00—6:00 p.m.)
July 16—October 1



Buy fresh local vegetables and fruits! Support local farmers! Meet your neighbours!

For more information, please contact 519-221-1539 or email: marketpreston@yahoo.com

This information is provided from the website of the Region of Waterloo, Public Health