



Fall Clothing Giveaway

Come bring your family and friends to the Free Clothing Giveaway!

Date: Friday, October 4th
Time: 1:00-3:00 pm

Clothing donations are welcome the weeks of September 23rd to October 3rd at the Main Reception desk.



Emergency First Aid & CPR Level C (Adult, Child, Babies)

Come out and take this informative and fun course!

Date: To be announced
Time: 9:00 am to 4:30 pm
Ages: 12 years and up
Cost: \$25 in boundaries, \$40 outside of boundaries for participants
Payment is due upon registration or by October.

Apple Picking Outing - All Ages

Let's go pick some apples together!

Date: Friday, September 27th
Time: 10:00 am to 12:30 pm
Cost: \$1.00 per adult, .50 cents per child, apples at your own cost.

Limited space

Call Tammy to register at 519-653-1470 x 228



SAMKO Toy & Gift Warehouse Outing - Adult Day Trip!

Get your holiday shopping done and at a low cost at the SAMKO toy & Gift Warehouse. This is a fundraising event for Langs also!

Date: Saturday, Nov 23rd
Time: 8:30 am to 4:00 pm
Cost: \$5.00, Money is due on or before November 1st in order to hold your spot.

Limited space

For more information on SAMKO please see their website www.samkosales.com

Langs Community Dinners

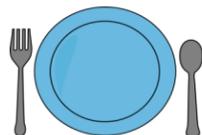
Come sit with us at our table

Free drop-in supper!

New Time! 5:00 - 6:30 pm
Once a month on a Tuesday.
No registration required.

Fall Dates:

- September 24th
- October 22nd
- November 26th



WORD FROM THE CHAIR

Greetings everyone, as we look towards the Fall of 2019 and back on a busy and exciting Summer. We enjoyed seeing children in our fully booked Summer camp programs and started seeing our neighbourhood youth coming to the newly opened *Youth Wellness Hub*. Thank you to our new donors who are helping us close our Capital Campaign in the Fall.

Our Annual General meeting, with a theme of Rural Health and Wellbeing, took place this year on June 21st, and for the first time, it was held at our North Dumfries CHC site in Ayr, Ontario. Dignitaries, special guests and program participants enjoyed a barbeque lunch and learned about the programs and services in the rural community along with a keynote address by Police Chief Bryan Larkin. We also honoured several award winners and recognized staff milestones. We will miss valued contributions of board members Fahad Ihsan, Gary Desborough, Jeff Hunter and Macarena Barker. We are pleased to welcome new members Juliette Coughlan, Kaitlyn Mullin, Megan Davidson and Yvonne Brown who all bring incredible skills.

In July, we hosted Annual Community Picnics at our Grow, Langs and North Dumfries sites, which are always enjoyable events for our communities. Special thanks to the 40+ different organizations, businesses, service clubs, community partners and local attractions for participating in our community event. Over 600 attendees enjoyed a giant inflatable walk-through maze, face painting, balloon animals, BINGO, Henna and a delicious barbeque. These events would not be possible without the help of over 70 volunteers and a small group of staff who work year round to plan and implement the picnics each year.

We hope you will be able to take part in some of the exciting Fall programming outlined in our newsletter. We continue to welcome your feedback and suggestions about the services here at Langs. Have a wonderful Fall and thank you for your continued support!

Angie Asadoorian
Board Chair

Check out our new and IMPROVED **website** to find everything you need to know about upcoming Langs programs and events for all ages!
www.langs.org

PROGRAM REGISTRATION:

Fall 2019

Tuesday, September 10th

WHAT'S INSIDE

- Fall Programs
- Events & Special Outings
- Wellness at Langs

CONTACT US



Langs CHC & The HUB@1145
1145 Concession Road
Cambridge N3H 4L5
519-653-1470



Youth and Teen Centre
581-E Langs Drive
Cambridge N3H 4L5
519-653-1263



Diabetes Education Program Waterloo Region
1145 Concession Road
Cambridge N3H 4L5
519-653-1470 Ext. 372



North Dumfries CHC & The HUB@2958
2598 Greenfield Road
Ayr N0B 1E0
519-632-1229



Grow Community Centre
1 Groh Avenue
Cambridge N3C 1T6
519-248-4769



Regional Coordination Centre
6-150 Pinebush Road
Cambridge N1R 8J8
519-947-1000



Volunteer Opportunities

Volunteer & Student Recruitment

Langs is looking for volunteers and placement students to support all of our programs, services and events.

Our organization has 50+ opportunities to choose from at five sites in Cambridge and Ayr.

To learn how to get involved and discover a role that fits your interests, skills, experiences and goals, please contact Kevin Noseworthy, *Volunteer & Special Events Coordinator* at 519-653-1470 ext.232 or email: kevinn@langs.org



On-Site Partners - The Hub at Langs

Langs operates the Hub@1145, which is home to over 20 health and social service organizations. These organizations operate programs and services throughout the year for the Cambridge community. Please check the Langs TVs or reception for current offerings and information on partner services.



Wellness At Langs

Tips for Planning Meals for a Busy Week - from your Community Diabetes Education Program

As our lives get busier in the Fall with kids going back to school and schedules becoming more hectic, many of us rely on quick and easy meals. Meal planning in advance can help relieve stress, make it easier to eat healthy, save money and save time by getting tasty meals to the table faster.

Steps to plan balanced meals:

- ✓ **Make a list** of your family's favorite dishes. Involve other people in the family to help with planning or preparation. Using the meal plan ideas, create your grocery list. Don't forget to plan for snacks in your meal plan too.
- ✓ **Look at the activities planned** for the week. What nights will require a quick meal? For those busier days of the week, plan for meals that don't take too much time to prepare and cook. Focus on the main dish and serve a salad or vegetable that can be made ahead. Pre-washed and cut salads or pre-chopped vegetables are great shortcuts available in most grocery stores. Doing some prep work in advance, such as cleaning and chopping vegetables, on your less busy days can make a huge difference. For greater variety, plan to use different cooking methods. Quicker cooking methods could be used on the busier days, and meals that take a bit longer to prepare (roasting or stewing) for example - could be used on the less busy days.
- ✓ **Use Canada's Food Guide** to help you plan balanced meals and eat a variety of foods, including vegetables and fruits, whole grain foods and protein foods. Include a meatless meal (tofu, low salt canned lentils/legumes) at least once per week. Meatless meals can often be quicker to prepare and make a healthy addition to your weekly menu.
- ✓ **Use leftovers** for lunches or as part of another meal. Use time-saving appliances such as a slow cooker, rice cooker or toaster oven. For a cook's night off, make your own healthy frozen dinners in advance.
- ✓ **During the week, keep notes about how well the menu worked.** These notes can remind you of ways to improve your recipes and menu. Remember that you can always recycle old menus and reuse them for future weeks if they worked out well.

Sources:

<https://www.diabetescarecommunity.ca/diet-and-fitness-articles/diabetes-diet-articles/planning-meals-for-a-busy-week/>
<https://www.unlockfood.ca/en/Articles/Menu-Planning/7-Steps-for-Quick-and-Easy-Menu-Planning.aspx>

Fall Programs

Youth and Teen Programs

For more information, please contact Dana Calma at ext. 363 or Darcy Edwards at ext. 322.

Youth Tech Centre

NEW

Come visit our new space for youth located at 1145 Concession Rd, to hang out, use computers and access a variety of on-site services.

We have weekly drop-in programs that combine use of the Tech Centre and our gymnasium. Stay tuned as more programs and services are offered this Fall.

For more information about this new space, please contact Laura at 519-653-1263 ext. 361.

After School Programs

For children entering Grades 1-5 who attend Coronation Public School or St. Michael Catholic Elementary School.

Children participate in physical activity, health and wellness activities and enjoy a healthy snack!

Time: Monday - Friday from end of school day until 5:30pm.

Location: Langs (1145 Concession Rd.)

Cost: \$10 per week

Youth Drop-Ins

We offer a variety of drop-in programs at our Youth and Teen Centre. For more information about these programs with times and ages, please see our website:

www.langs.org

Participate in fun activities such as ping pong, pool, coloring contests, and video games!

Holiday Break Drop-In

Come drop by the Youth and Teen Centre over Holiday Break to participate in crafts, have a snack, watch a movie, and meet new friends!

Dates: Monday, December 30th
Thursday, January 2nd
Friday, January 3rd

Location: Youth and Teen Centre,
581-E Langs Drive

Grades: 1-5

Time: 1:00-5:00 pm

Cost: Free

PD Day Programs

Come on out to play a variety of fun circle games, participate in crafts and cooking, and meet new friends!

Please note: PD Day Programs only run when both WRDSB and WCDSB have Professional Activity Days.

Grades: 1-5

Time: 9:00am - 5:00pm

Location: Youth and Teen Centre

Cost: \$10.00 per day

Dates: Friday, September 20th
Friday, October 25th
Friday, November 15th



Counselling Services

Community Program

Overall Well Being

As a part of the holistic approach to health care, Langs offers free, confidential counselling to individuals, couples and families who:

- * do not have access to an employee assistance program;
- * are patients of the Community Health Centre or live in the Langs or North Dumfries communities; or
- * are patients of the Heritage Family Health Organization.

People who access Social Work Services often have existing coping skills and ways of dealing with struggles and the social work team supports people to recognize and develop those characteristics helpful to them.

The Social Work team uses a variety of supports and interventions, including individual, couple, family and group work.

For more information about counselling services at Langs, please contact Nousheen at ext. 327.

Food Co-op Van Run - to the Preston Food Bank

Did you know that our van can take you to the Preston Food Bank bi-weekly? If you are a member or doing an emergency pick up, all are welcome!

Day: Thursday - bi-weekly

Time: 9:30 am - departure time from the Main Reception area. We will drop you off at home after!

Dates: September 12th & 26th
October 10th & 24th
November 7th & 21st
December 5th & 19th



Early Years Programs

EarlyON Drop-in

NEW

Join other children and families in play and exploration. An Early Learning professional is available to provide support and information around early learning topics, community resources, programs and referrals. (Ages birth - 6 years.)

Day: Monday

Time: 9:00 am - 3:00 pm

Location: Langs Main Site

Little Jumping Beans

Parents / Caregivers and Children ages 0-6 years.

Day: Tuesday

Time: 9:30 - 11:00 am

Location: Langs Gym

Little Chefs

Parents / Caregivers and Children ages 0-6 years.

Day: Friday **Time:** 9:30 - 11:00 am

Location: Langs Main Site

Parent / Caregiver & Tot

Parents / Caregivers and Children ages 0-6 years.

Day: Wednesday

Time: 9:30 - 11:00 am

Location: Preston Mennonite Church

Home Child Care Providers

Parents / Caregivers and Children ages 0-6 years.

Day: Thursday

Time: 9:30 - 11:00 am

Location: Langs Main Site

