

PROGRAM GUIDE

2019



Welcome to our annual program guide that highlights programs and services we operate throughout the year. Should you have any questions about the programs included in this guide please visit our website, call 519-653-1470, or email us at info@langs.org

VOLUNTEER TODAY!

At Langs, volunteers are an essential resource. We are looking for volunteers to assist with child, youth and adult programs, administrative tasks and special events. For more information, please call our Volunteer Coordinator at extension 232.

All programs are held at our Main Site - 1145 Concession Road in Cambridge - unless noted. Some programs are only available to participants in the Langs catchment area - please contact us for more information.

PROGRAM REGISTRATION INFO

SESSIONS	REGISTRATION DATES 2019
Winter 2019	January 8
Spring 2019	March 26
Summer 2019	June 25
Fall 2019	September 10

EARLY YEARS PROGRAMS

SEPTEMBER-JUNE

Parent, Caregiver and Tot

An interactive program for parents/caregivers and their children ages 0-6 years.

When: Wed 9:30 - 11:00 am

Where: Main Site

When: Thurs 9:30 - 11:00 am

Where: Preston Mennonite Church

Early Years Childcare Provider Drop-in

A drop-in program for parents and caregivers of children 0-6 years. A variety of parenting workshops with different topics will be held.

When: Thurs 9:30 - 11:00 am

Where: Main Site

Little Chefs

A program where parents, caregivers and children 3-5 years will learn to cook fun meals and safety in the kitchen. Children will learn literacy and numeracy skills while cooking.

When: Fri 9:30 - 11:00 am

Where: Main Site

Cost: 50 cents per child

Little Jumping Beans

Get moving with this interactive program promoting physical activity!

When: Winter: Tues

Time: 9:30 - 11:00 am

Where: Main Site

1, 2, 3 Read with Me

A program for parents, caregivers and their children to have fun with literacy.

When: Mon 9:30 - 11:00 am

Where: Main Site

MARCH BREAK & JULY-AUGUST

Early Years March Break

Fun for parents/caregivers and their children 0-6 years.

When: March 12: Fun in the Gym

March 13: Build a Craft

When: 9:30 - 11:00 am

Where: Main Site

Outdoor Playgroup

An interactive summer program for parents and caregivers of children 0-6 years in the outdoor playground. **Please check summer program flyers for more details.**

YEAR ROUND

Books for Birthdays

Books are provided to children between the ages of 0-16 years during the month of their birthday. **See the Resource Centre for more details.**

Where: Main Site

Healthy Child Screening Day

Screening Clinics are offered throughout the year at Langs for children 6 years and under.

When: April 9, 9:30 am - 12 noon

Where: Main Site

YOUTH AND TEEN PROGRAMS

SEPTEMBER-JUNE

Afterschool Program

Join the *Afterschool Program* at Langs, sponsored by Ministry of Tourism, Culture and Sport. Meet new friends, spend time in the gym, healthy snack and fun activities.

From Grade 1 to Grade 5

When: Mon - Fri, 3:00 - 5:30 pm

Where: Youth and Teen Centre and Main Site

Cost: \$10.00 per week

PA Day Program

Join the Youth and Team Centre staff for fun activities, games and crafts every PA day.

From Grade 1 to Grade 5

Time: 9:00 am - 5:00 pm

Where: Youth and Teen Centre

Cost: Varies depending on program

Check program guide and flyers for specific dates and times to register

MARCH AND HOLIDAY BREAK

March Break Programs

March 11 - 15 at the Youth and Teen Centre. Each afternoon there will be a variety of games, outings, cooking and crafts.

From Grade 1 to Grade 5

When: Mon - Fri from 1:00 - 5:00 pm

Where: Youth and Teen Centre

Cost: \$20.00 per week

Holiday Break Program

Recreational youth programs held at the Youth and Teen Centre for Grade 1 to 5 during the Holiday Break in December/January.

When: Dec 27/28 and Jan 2, 3 and 4

Time: 1:00 - 5:00 pm

Where: Youth and Teen Centre

Cost: \$5.00 per day

SUMMER PROGRAMS

Teen Outings

Teens (Grade 6 to Grade 12) will be going out for special teen outings around Cambridge in the summer.

When: Tues; time varies

Cost: \$5.00 per outing

Leaders in Training

For youth Grade 6 to Grade 12 interested in volunteering as a Leader in Training (LIT) with children's programs in summer.

Where: Youth and Teen Centre

L.E.A.D.

For youth Grade 6 to 12 who are interested in leadership and teamwork activities. It's a standardized certification program that provides youth with skills to become an LIT. **Call for program registration and dates.**

Where: Youth and Teen Centre

Adventure Playground and Summer Playground

Kids in Grades 1 to 5 can join us for summer fun at weekly summer camp programs. Activities include swimming, day trips, crafts, sports.

When: Mon - Fri:

Half day (12:30 - 3:00 pm) and full day (9:00 am - 3:00 pm)

Where: Locations vary

YEAR ROUND

Open Gym

Fun variety of different activities, sports and games to play.

For Grade 1 to Grade 5

When: Tues 6:30 - 7:30 pm

Where: W.G. Davis School

Open Gym - Competitive Basketball

An opportunity for older teens to play competitive basketball.

For Grade 6 to Grade 12

When: Tues 7:30 - 8:30 pm

Where: W.G. Davis School

Evening Drop-in

Come to the Youth and Teen Centre to hang out with friends.

Mon:	Grades 3-5	6:00 - 7:00 pm
	Grades 6-8	7:00 - 8:00 pm
	Grades 9-12	8:00 - 9:00 pm

Wed:	Grades 6-12	7:00 - 9:00 pm
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Thurs:	Grades 6-8	6:00 - 7:30 pm
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Fri:	Grades 3-5	6:00 - 7:00 pm
	Grades 6-8	7:00 - 8:00 pm
	Grades 9-12	8:00 - 9:00 pm

Where: Youth and Teen Centre

WELLNESS WORKSHOPS

YEAR ROUND Workshops run at various times and in various locations throughout the year

Take Charge

This is a workshop that helps people with any chronic or ongoing health conditions such as diabetes, heart disease, stroke, anxiety, pain, depression, and arthritis to better manage their symptoms.

A 6-week program (2.5 hours each week) offered throughout the year

Better Sleep

This program will help you learn strategies to relax your mind and body, to decrease insomnia, and to fall asleep or back to sleep easier.

When: A 5-week program held at various times throughout the year

PEP Program

This program is for people with diabetes to learn more about preventative care for your feet. It is led by a trained peer leader with the support of a health care professional.

Each workshop is 2.5 hours in length





COMMUNITY DIABETES PROGRAM

YEAR ROUND

Living Well With Diabetes

In this class we discuss the basics and provide tools to help you self-manage diabetes. Learn more about how to lower blood sugar with physical activity, healthy eating and medications. No fee.

When: various times during the month

Meal Planning

Learn to create your weekly menus and grocery lists and plan your meals around your busy week. We recommend you attend the carb counting class first. No fee.

When: various times during the month

Healthy Steps

Find out what steps you can take to reduce the risk of developing diabetes. Sign up today. No fee.

When: once a month on Thursdays

Diabetes Prevention Program: Group Lifestyle Balance

This 6-month program will teach you how to adopt and maintain healthy lifestyle skills that promote weight loss with better nutrition and physical activity. No fee.

When: various time during the year
To register call 519-947-1000, x255 or visit www.selfmanagement.ca

Retinal Screening

Diabetes can lead to serious problems with your vision. People with diabetes should be tested every year. We provide free eye tests (retinal screen). Contact us to book your free appointment.

When: once a month on Fridays

Individual Appointments

Appointments are available to discuss your specific diabetes management plan with members of our diabetes team including registered nurses, dietitians, kinesiologist and chiroprapist. No fee.

When: Mon, Wed and Thurs

9:00 am – 7:30 pm

Tues 9:00 am – 4:30 pm

Fri 9:00 am – 4:00 pm

Carb Counting and Label Reading

Carbohydrate counting is a meal planning technique for managing your blood sugar levels. Learn how to read and understand food labels and make healthier choices. No fee.

When: various times during the month

Eating Garden Fresh

Explore new dishes using the contents of our Garden Fresh box. This is a free food demo and tasting class.

When: various times during the year

Let's Move Exercise Class

Get moving, have fun and get healthy. Exercise is one of the best ways to lower blood sugar, make your heart stronger and your mood lighter. No fee.

**When: Tue 11:45 – 12:30 pm
Thurs 9:30 – 10:15 am**

Healthy Heart

Learn more about the cholesterol in your blood, the types of fat in foods, and how they affect your cholesterol. We also discuss how salt affects your blood pressure and some easy ways to cut down on the salt and fat in your meals. No fee.

When: various times during the month

Foot Care

For people with diabetes with no third party coverage. Our foot care specialist can treat foot ulcers, corns, calluses and other problems.

**When: Mon 1:00 – 4:00 pm
Fri 9:00 am – 4:00 pm**

Unless noted, to register for any of these programs please call 519-653-1470, x285.

For more information call 1-866-337-3318 or visit www.wselfmanagement.ca

Telemedicine Workshops

Through telemedicine, Langs is able to offer various chronic disease management workshops hosted by sites across Ontario. Programs vary during the year. Please refer to Langs' website and social media feeds for the most current offerings.

For questions about telemedicine call 519-653-1470, ext. 383

Take Charge Chronic Pain

This is a workshop for individuals who have a primary or secondary diagnosis of chronic pain.

A 6-week program (2.5 hours each week) offered throughout the year

It's My Health Strategies for Communicating with your Health Care Provider

This program helps you learn how to ask the right questions of your

doctor or health care provider so you understand and feel confident in taking an active role in your own health care.

When: A 2-hour workshop offered at various times throughout the year

Craving Change

A "how to" workshop for changing your relationship with food. Understand why you eat the way you do.

Please call for registration details

ADULT AND SENIOR PROGRAMS

YEAR ROUND

Live & Laugh - Women's Group

An adult ladies program that focuses on health promotion, fun and recreational topics.

When: Wednesdays

Time: 10:00 am - 12:00 noon

Where: Main Site

Cost: \$2.00

Cooking Healthy Together

A 6-week program that focuses on cost-effective recipes you can make at home!

When: Tuesdays

Time: 10:00 am - 12:00 noon

Where: Main Site

Cost: \$2.00

Night Out for Adults

Enjoy an evening of Bingo, fun, friends and dinner!

When: One Monday per quarter

Time: 5:30 - 7:30 pm

Where: Main Site

Cost: \$2.00 per person

Retired and Ready

Join the Retired and Ready older adults group for monthly workshops and a quarterly outing.

When: One Monday a month (can vary)

Time: 1:00 - 3:00 pm

Where: Main Site Cost: \$2.00

Prestonia Program

Prestonia residents and older adults are invited to come down to the lounge to have some fun and meet new people during coffee hour.

When: One Tuesday a month

Time: 10:00 - 11:30 am

Where: Prestonia Manor Cost: 50 cents

Bishop Street Coffee Time Program

Woods Manor residents are invited to come to the lounge during your very own coffee hour once a month to have some fun and meet new people.

When: One Tuesday a month

Time: 10:00 - 11:30 am

Where: Woods Manor, Bishop Street

FITNESS PROGRAMS

YEAR ROUND

Try a Pole Walking Class

Pole walking classes are available at Langs. Poles are borrowed during the class time.

When: One Wednesday a month

Time: 11:30 am - 12:00 noon

Where: Main Site

Yoga

Try out a yoga class to revive your spirit and exercise at the same time.

When: Mondays from 6:30 - 7:30 pm

Where: Main Site

Cost: \$4.00

PARTNERS

YEAR ROUND

On-site partner organizations offer 25+ various health and social services and programs throughout the year. Please check the Langs TVs or reception for current offerings and information. Langs' partnership and co-location hub model is supported through the Ontario Trillium Foundation.

COMMUNITY SUPPORT

YEAR ROUND

How can an Outreach Worker help?

An outreach worker can offer support with food, clothing, shelter, counselling, child care, recreation, transportation and more.

Coping with Depression/Anxiety

Coping with the realities of depression and anxiety is difficult and often leaves one feeling hopeless and alone in their struggles. This 8-week group provides an opportunity to work alongside others with similar experiences to learn practical strategies that can help you cope and manage negative thoughts and feelings. Includes relaxation, exercise, nutrition and strategies around a deeper understanding of how to change thought patterns.

When: Winter: Tuesdays, starting

January 15, for eight weeks

Time: 1:30 - 3:30 pm

When: Fall: starting October 15

Clothing Giveaways

Langs hosts FREE Clothing Giveaways in the Spring, Summer and Fall seasons, and all are welcome to attend. **Please check program flyers for dates and times.**

Clothing donations are welcome in the Resource Centre two weeks prior to the event.

Monthly Community Dinners

You are invited to the Langs Community Dinner, a free drop-in supper for all. For more information, call 519-653-1470, x228.

When: Once a month - check program flyers for dates

Where: Main Site

OUR LOCATIONS

Langs Main Centre
1145 Concession Rd.
Cambridge, ON
T: 519.653.1470

Youth & Teen Centre
581-E Langs Dr.
Cambridge, ON
T: 519.653.1263

North Dumfries
Community Health Centre
2958 Greenfield Rd. Ayr, ON
T: 519.632.1229

Grow Community Centre
1 Groh Avenue
Cambridge, ON
T: 519.248.4769

Regional Coordination Centre
6-150 Pinebush Rd.
Cambridge, ON
T: 519.947.1000