

Fall 2026 - Adult Health Programs

More info? Contact Barsha at barshad@langs.org or phone 519-653-1470 ext. 228
All programs take place at Langs - 1145 Concession Rd, Cambridge

Drop-In Programs

Community Dinners

Bi-weekly dinners in partnership with the Cambridge Neighbourhood Table.

Dates: Mon Sep 14, Sep 28, Nov 9 and Nov 23, 2026

Time: 5:00 pm - 6:30 pm

Cost: Free!



Adult Yoga

Stretch, strengthen, and find your balance!

Day: Tuesdays

Dates: Sep 15 - Nov 24, 2026

Time: 10:30 am - 11:30 am

Cost: \$5 / week (cash only)



Night Out - Bingo

A recreational evening of bingo and friendly competition!

Days: Mondays, once a month

Dates: Oct 5 & Nov 16, 2026

Time: 6:00 - 7:15 pm

Cost: \$2.00 / week



Live and Laugh

A program that focuses on health promotion, social connection, and skill development for adults of all ages!

Days: Wednesdays

Dates: Sep 16 - Nov 18, 2026

Time: 10:00 am - 11:30 am

Cost: \$2.00 / week (cash only)



Hype vs Health: Spotting Real Nutrition in a Viral World

A presentation from our Registered Dietitian on trending nutrition topics. Learn what's fact or fiction and tips on navigating health information online!

Date: Monday, October 5, 2026

Time: 12:00 pm - 1:00 pm

Cost: Free!



Walk and Talk

A volunteer-led stroll followed by coffee and tea!

Day: Thursdays

Dates: Sep 17 - Nov 19, 2026

Time: 1:00 pm - 2:30 pm

Cost: Free!



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Drop-In Programs (continued)

Chair Yoga

Improve flexibility, balance, & mobility with gentle seated stretches.

Day: Tuesdays

Dates: Sep 15 - Nov 3, 2026

Time: 2:00 pm - 2:45 pm

Cost: \$5 / week (cash only)



Sing and Connect!

Join our welcoming singing group, facilitated by a trained music therapist. Enjoy a fun, uplifting, and engaging musical experience open to all abilities. No experience needed. Sing and connect with your community!

Day: Mondays, monthly

Dates: October 19, November 2, December 7, 2026

Time: 6:00 pm - 7:30 pm

Cost: \$2



Registered Programs

Cooking Healthy Together

Do you enjoy cooking or want to learn how to make healthy and delicious recipes? Join us at Cooking Healthy Together!

Day: Tuesdays

Dates: Sep 15 - Oct 20, 2026

Time: 1:00 pm - 3:00 pm

Cost: \$2.00 / week (cash only)

Registration: Contact Barsha to register - limited spaces



Beyond Boundaries

A welcoming space for women to connect and explore mental wellness topics like self-advocacy, stress management, boundaries, personal growth, and more.

Days: Thursdays

Dates: Sep 17 - Oct 22, 2026

Time: 10:00 am - 11:30 am

Cost: \$2.00 / week (cash only)

Registration: Contact Barsha to register - limited spaces



Emergency First Aid & CPR with AED

Emergency First Aid Program and CPR for infants, children and adults. AED Training, Level C. This course is best for those ages 12+.

Dates: Friday, November 13, 2026

Time: 8:00 am - 4:30 pm

Cost: \$107.35

Registration: bit.ly/LangsPrograms or scan QR Code

