

Program information and registration by email [tammys@langs.org](mailto:tammys@langs.org) or phone 519-653-1470 ext. 228  
All programs take place at Langs 1145 Concession Road, Cambridge, ON unless otherwise noted.

### **Night Out**

Join us for Bingo!

Dates: Mon Apr 14 &  
Mon May 12

Time: 6:30 - 7:45 pm

Cost: \$2

Registration encouraged,  
not required



### **Cooking Healthy Together**

Do you enjoy cooking or  
want to learn how?

Date: Tue Apr 15- May 20

Time: 1:00 - 3:00 pm

Cost: \$2/week

Registration required



### **Adult Yoga**

Get active and stretch!

Date: Tues Apr 1 - Jun 3

Time: 10:30 - 11:30 am

Cost: \$4/week



### **Live and Laugh**

An adult program focused  
on health, fun, & recreation.

Date: Wed Apr 2 - June 4

Time: 10:00 am - 12:00 pm

Cost: \$2/week

### **Boundaries and Beyond**

Join a group for adult  
women to learn more  
about boundaries  
and relationships.



Date: Thu Apr 10 - May 15

Time: 10:00 am - 12:00 pm

Cost: \$2/week

Registration Required

### **Little Jumping Beans**

#### **Early Years**

A play and learn based  
program for ages 0-6 and  
their parents/caregivers.

Date: Thu Apr 3 - Jun 5

Time: 9:30 - 11:00 am

Cost: \$2/week

Registration encouraged

### **Chair Yoga**

Gentle yoga with a chair for  
support to adapt yoga poses.  
Ideal for all abilities.

Date: Fri Apr 4 - Jun 6

no classes Apr 18 or May 23

Time: 10:00 - 11:00 am

Cost: \$4/week

Registration encouraged

### **Games & Cards Night**

Join us to play your  
favourite games.

Date: Mon Jun 2

Time: 6:00-8:00 pm

Registration encouraged



### **Clothing Giveaway**

A FREE clothing giveaway  
for the community. Bring  
your own bags and browse  
donated items.

Donations are accepted  
from Apr 21-May 2.

Dates: Mon May 5

Time: 4:00 - 6:30 pm



### **Emergency First Aid &**

#### **CPR Level C with AED**

#### **Training**

Register to attend this one  
day course. Ages 12+

Date: Fri Jun 27

Time: 8:30 am - 4:30 pm

Cost: \$90+HST

Scan QR code to  
register



### **Prestonia Manor**

at 778 Walter St

Come to the lounge to have  
fun and meet new people.

Date: Tue Apr 8 &

Tues May 13

Time: 10:00 - 11:30 am

Cost: donation



### **Bishop Street**

at 339 Bishop St

Come to the lounge to have  
fun and meet new people.

Date: Tue Apr 1 &

Tue May 6

Time: 9:30 - 11:00 am

Cost: donation



### **Adult Lunch Outings**

Join us for lunch at a local  
restaurant.

Dates: Tue Apr 29 &

Tue May 27

Time: 11:30 am - 1:30 pm

Cost: lunch at your cost

Registration required