

ADULT PROGRAMS

SUMMER 2025

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

Live and Laugh

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

Date: Wed Jul 2 - Aug 6
Time: 10:00 am - 12:00 pm
Cost: \$2/week



Trivia & Connections

Join us for an afternoon of fun, trivia, games, brainteasers, and more.
Date: Tue July 15 - Aug 5
Time: 1:00-2:30 pm
Cost: \$2
Registration encouraged



Adult/Older Adults Outings

St Jacobs Farmers' Market

Date: Tue Jun 24
Time: 9:30 am - 3:00 pm
Cost: \$2
Registration required



Beach Outing - Grand Bend

Date: Fri Aug 8
Time: 9:00 am - 7:00 pm
Cost: \$5
Registration required

Space is limited for outings



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



Night Out

Join us for Bingo!
Dates: Mon Jun 30 & Mon Jul 21
Time: 6:30 - 7:45 pm
Cost: \$2
Registration encouraged, not required



Prestonia Manor

at 778 Walter St
Come to the lounge to have fun and meet new people.
Date: Tues Jun 17 & Tues Jul 15
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 Jul 8 & Tue Aug 5
Time: 9:30 - 11:00 am
Cost: donation

