

# Summer 2026

## Adult Programs

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

### Live and Laugh

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

**Days:** Wednesdays

**Dates:** Jul 15 - Aug 12

**Time:** 10:00 am - 12:00 noon

**Cost:** \$2.00 per week



### Night Out - Bingo

A fun night out playing number bingo and other creative bingo games to challenge your mind. Snacks provided!

**Days:** Mondays, once a month

**Dates:** Jul 20 & Aug 17

**Time:** 6:30 - 7:45 pm

**Cost:** \$2.00



### Walk and Talk

A volunteer-led stroll followed by coffee and tea!

**Day:** Thursdays

**Dates:** July 16 - Aug 13

**Time:** 1:30 pm - 2:30 pm

**Cost:** Free!



### Trivia and Connections

Join us for an afternoon of fun, trivia, games, brainteasers, and more!

**Day:** Tuesdays

**Dates:** Jul 14 - Aug 4

**Time:** 1:00 - 2:30 pm

**Cost:** \$2.00 per week



### Community Dinners

Free dinner for the community!

**Dates:** Mon Jul 13, Jul 27, Aug 10 and Aug 24

**Time:** 5:00 pm - 6:30 pm

