

Fall 2026 Adult Programs

For program information and registration, contact Alison
E: alisonb@langs.org or P:519-653-1470 ext. 266

Sole Mates

Walk the track, then have refreshments and take advantage of opportunities to learn, connect, and improve your well-being.
Seniors' Lounge at 2958 Greenfield Rd.

Date: Fridays - Sep 11, Oct 2, Oct 23, Nov 6, Nov 20, 2026

Time: 9:00 am - 11:00 am



Take a Break at Kirkwood

Join engaging wellness activities and social conversations.
191 Stanley St., Ayr in the lounge.

Date: 3rd Thursday of the month - Sep 17, Oct 15, Nov 19, 2026

Time: 11:00 am - 12:30 pm



Chair Yoga

Chair yoga is a gentle way to stretch, move, and build strength while seated for support. It offers a safe, comfortable practice that helps improve flexibility, balance, and relaxation, making it accessible for adults of all abilities. Space is limited.

Seniors' Lounge - 2958 Greenfield Rd.

Date: Wednesdays - Sep 16 - Nov 4, 2026

Time: 11:00 am - 11:45 am

Cost: \$5/class

Registration: First-time participants need to complete a registration form at the beginning of class.



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