

SPRING 2026 ADULT PROGRAMS

For program information and registration contact Jennifer
E: jenniferb@langs.org or P:519-632-1229 ext. 2230

Sole Mates

Walk the track, then have coffee, tea and other refreshments in the Senior's Lounge.

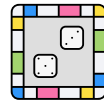
Date: Wednesdays & Fridays
Apr 1 - Jun 5
Time: 9:00 am - 11:00 am



Take a Break at Kirkwood

Snacks, games, crafts, speakers, and more!
191 Stanley St. Ayr in the Lounge.

Date: Thursdays
Apr 2 - Jun 4
Time: 11:00 am - 12:30 pm



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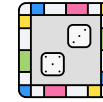
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Chair Yoga

Join us for relaxing chair yoga in the Senior's Lounge!

Date: Wednesdays
Apr 1 - May 6
Time: 11:00 am - 11:45 am
Cost: \$5/week
Register by phone or email



Take a Break at Maple Grove

Snacks, games, crafts, speakers, and more!
43 Oxford St., Drumbo in the Lounge

Date: Thursdays
Apr 2 - Jun 4
Time: 1:30 pm - 3:00 pm

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Programs are open to the community, anyone can join!

NDCHC and the NDCC Senior's Lounge are located at 2958 Greenfield Rd Ayr, ON

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