

Summer 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 Seniors' Lounge at 2958 Greenfield Ave., Ayr.

Date: Wednesdays & Fridays

Jul 3 - Aug 14

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

Jul 2 - Aug 13

Time: 11:00 am - 12:30 pm



Take a Break at Maple Grove

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

Date: Thursdays

Jul 2 - Aug 13

Time: 1:30 pm - 3:00 pm



Chair Yoga

Join us for gentle chair yoga.
Senior's Lounge - 2958 Greenfield Rd.

Date: Wednesdays

Jul 15 - Aug 26

Time: 11:00 am - 11:45 am



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