



THE LEAF



FALL 2026



Upcoming Menopause Events



Sept 15
Oct 20

Perimenopause Unveiled: 6 week program

- Learn about the changes occurring in your body, and manage symptoms as you transition into menopause.
- Hosted virtually on Zoom
 - 6:30pm- 8:00pm

Oct
27

The (M) Factor 2: Before the Pause (Perimenopause): Film Screening and Q&A

- Registration is required. Please scan QR code for registration
- Hosted in person Langs Community Health Centre
- 1145 Concession Road, Cambridge in Room E105/E106
- 6:00pm- 7:30pm

Nov
17

Menopause and Us: Supporting Each Other Through Change

- A 90-minute workshop designed for the person experiencing menopause and a partner, spouse, or support person to attend together. This session helps you better understand what happens during menopause and how to support each other through it.
- Hosted virtually on Zoom
 - 6:30pm- 8:00pm

To register please visit www.wwselfmanagement.ca or call 1-866-337-3318

Beyond Boundaries - Women's Program

A welcoming space for women to connect and explore mental wellness topics like self-advocacy, stress management, boundaries, personal growth and more!

Days: Thursdays

Dates: Sept 17 - Oct 22

Time: 10:00 am - 11:30 am

Cost: \$2.00 per week

Registration required, space is limited.

Contact Barsha to register at barshad@langs.org



CONTACT US



Langs

1145 Concession Road
Cambridge N3H 4L5
519-653-1470



Diabetes Education Program Waterloo Region

1145 Concession Road
Cambridge N3H 4L5
519-653-1470 Ext. 285



North Dumfries CHC

2958 Greenfield Road
Ayr N0B 1R0
519-632-1229



Grow Community Centre

1 Groh Avenue
Cambridge N3C 1Y6
519-248-4769



Regional Coordination Centre

6-150 Pinebush Road
Cambridge N1R 8J8
519-947-1000



YWHO Cambridge

1145 Concession Road
Cambridge N3H 4L5
519-653-1470 ext 361

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NEWSLETTER

FALL 2026



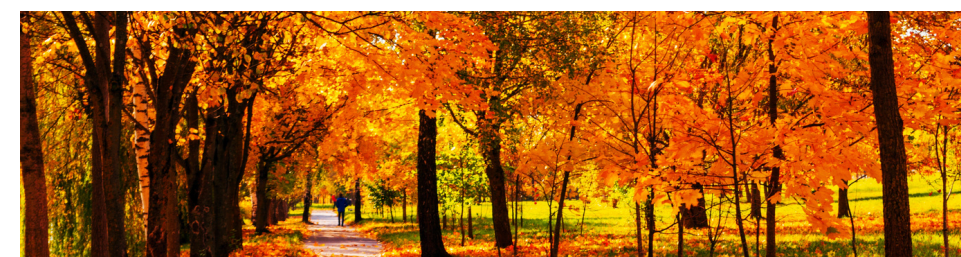
Don't "Leaf" Your Health Behind

As we transition from summer to fall, the range of readily available fresh produce dwindles, and so do those warm summer nights that are perfect for evening strolls. The change in weather often leads to changes in routine, and we want to make sure our health habits don't fall through the cracks. Staying consistent with our health habits year-round is the best way to manage existing health conditions or prevent new ones.

Good health starts with a wide variety of foods. The new season can be a great time to explore recipes using seasonal produce, including squash, parsnips, beets, and apples. Roasted root vegetables make excellent side dishes and can form the base of many nutrient-rich soups. For more ideas, consider following along with the videos on the Langs Health Promotion Page (www.langs.org/health-promotion) and try one of the recipes featuring beets, apples or squash!

The shorter days and cooler temperatures can make getting outside a little more challenging, but consider taking some time to enjoy the crisp air and fall colours. Cambridge has many trails, including the Bob McMullen Linear and Mill Run Trails near Langs. For those looking for longer adventures, check out the Cambridge to Paris Rail Trail and the Grand Trunk Trails. These trails are bike-friendly and can make an excellent weekend outing for families and furry friends.

Small, consistent choices can help you enjoy the season and remember, don't "leaf" your health behind!



What's Inside

- Adult Health Programs
- Children & Youth Programs
- Free Wellness Programs



Langs Walking Track

Enjoy a walk on our indoor track with cushioned sports flooring!

Monday	8:00 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 4:00 pm
Saturday	8:30 am - 12:00 pm
Sunday	Closed

Cost:

\$2.00 for adults (17-49 yrs)

\$1.00 for older adults (50+ yrs)

\$1.00 for youth (5-16 yrs)

Visit our website www.langs.org or call 519-653-1470 ext. 224 for more information.

Hours are subject to change.

Children & Youth Programs

Grades 1-5: For more information, please contact Julia at ext. 219 or julial@langs.org.
Grades 6-12: For more information, please contact Taylor at ext. 287 or tayloro@langs.org.

Open Gym - Grades 1-5

Come out and play some fun games and meet new friends in the Langs gymnasium.

Days: Wednesdays, starts September 9th.

Time: 6:00 - 7:00 pm

Cost: Free, Drop-in, no registration required.



After School Program - Grades 1-5

Join the After School program at Langs! Meet new friends and enjoy gym activities, crafts, snack and some special guest speakers. For students that attend Coronation Public School and St. Michael's Catholic Elementary School.

Days: Monday to Friday,

Start Date: Wednesday, September 9, 2026

Time: 3:00 pm - 5:30 pm

Cost: \$10 per week

Contact Erum to register, 519-248-4769 ext 3000 or erumn@langs.org

Krafty Kids Jr. - Grades 1-3

Drop-in and participate in some fun crafts and show off your creative talent!

Start Date: Monday Sept. 14th

Time: 6:00 pm - 7:00 pm

Cost: Free

Registration: Drop-in and fill out a registration form on your first visit.



Youth Dinner - Ages 12-25

On the **third** Thursday of every month, youth can join us for a **free** dinner. Bring some friends and meet new people! Each dinner offers a vegetarian and halal option as well.

Time: 5:00 - 6:00 pm

Hoops - Drop-In Grades 6-12

Hoops is a drop-in, 5-on-5 basketball program hosted in the gym. If you're looking for some court time to work on basketball skills in a semi-competitive game, come join us. All skill levels welcome.

Days: Mondays & Wednesdays

Time: 7:00 - 8:00 pm

Cost: Free

Location: Langs Gym (1145 Concession Road)
Drop-in, fill a registration form on your first visit!



Dodgeball - Drop-In Ages 18+

Ages 18-25 are invited to join our new free recreational drop-in Dodgeball program! Expect fun games, friendly teams, and a welcoming space for all skill levels. Come play, move, and connect - no pressure, just dodgeball.

Day & Time: Tuesdays, 7:00-8:00 pm

Fill in a registration form on your first visit.

Spark Skills - Ages 12-25

These **free** skills and wellbeing activities will change every three months and will include topics such as crochet, yoga, open gym and storytelling.

Dates & Times: Scan for this month's activities.



Youth Mental Health Services - Ages 12-25

Brief Intervention Services (BIS) provide short-term, goal-focused support to youth aged 12-25 experiencing mild to moderate mental health concerns.

BIS typically includes 4-6 sessions with a mental health professional. Sessions are rooted in measurement-based care as well as evidence-based care.

Contact Crystal to book your intake session at crystal@langs.org or ext 384.



YWHO Cambridge Programs - Ages 12-25

Langs, 2nd Floor - 1145 Concession Rd

For information about the programs we offer, please call Laura at ext. 361.

Drop-In Space

YWHO Cambridge offers a drop-in space where youth can create connections with others, enjoy a snack, play PS5, use our Nintendo Switch, play on our gaming computers, work on resumes, job search, create art in the Makerspace and more!

Days & Times:

Monday & Wednesday 12:00 pm - 8:00 pm

Tuesday 12:00 pm - 5:00 pm

Thursday 12:00 pm - 7:00 pm

Friday 12:00 pm - 4:00 pm

Youth Mental Health Workshops

Our Mental Health Workshops are currently being offered once a month and are interactive, psychoeducational sessions designed to raise awareness, build a deeper understanding of self/the topic being discussed, and teach practical skills related to mental health and wellbeing.

Contact Laura at laural@langs.org or ext. 361 to register.



Follow us @LangsCommunity



Adult Health Programs

Contact Barsha at 519-653-1470 ext. 228 or barshad@langs.org for more information or to register.

Drop-In Programs

Community Dinner

Bi-weekly dinners in partnership with the Cambridge Neighbourhood Table.

Days: Mondays

Dates: Sept 14, Sept 28, Nov 9, Nov 23

Time: 5:00 pm - 6:30 pm

Cost: Free

Adult Yoga

Stretch, strengthen and find your balance!

Days: Tuesdays

Dates: Sept 15 - Nov 24

Time: 10:30 am - 11:30 am

Cost: \$5.00 per week

Live and Laugh

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

Days: Wednesdays

Dates: Sept 16 - Nov 18

Time: 10:00 am - 11:30 am

Cost: \$2.00 per week

Night Out - Bingo

A recreational evening of bingo and friendly competition!

Days: Mondays, Once a month

Dates: Oct 5, Nov 16

Time: 6:00 pm - 7:15 pm

Cost: \$2.00 per week

Walk and Talk

A volunteer-led stroll followed by coffee and tea!

Day: Thursdays

Dates: Sept 17 - Nov 19

Time: 1:00 pm - 2:30 pm

Cost: Free

Hype vs. Health: Spotting Real Nutrition in a Viral World

A **Free** presentation from our Registered Dietitian on trending nutrition topics. Learn what's fact or fiction, and tips on navigating health information online.

Date: Monday, Oct 5

Time: 12:00 pm - 1:00 pm

Registered Programs

Cooking Healthy Together

Do you enjoy cooking or want to learn how to make healthy and delicious recipes?

Day: Tuesdays

Dates: Sept 15 - Oct 20

Time: 1:00 pm - 3:00 pm

Cost: \$2.00 per week

Registration required, space is limited.

Chair Yoga

Improve flexibility, balance, and mobility with gentle seated stretches.

Days: Tuesdays

Starts: Sept 15 to Nov 3

Time: 2:00 pm - 2:45 pm

Cost: \$5.00 week

Registration required, space is limited.



CHANGED LIVES, HEALTHY COMMUNITES

www.langs.org

PA Day Program Grades 1-5

Come to the PA day program at Langs to enjoy some exciting crafts, snacks, fun physical activities and to make new friends!

Date: Monday, October 26, 2026

Time: 9:00 am - 5:00 pm

Cost: \$15.00 per day

Registration: Scan the QR Code or contact Erum at erumn@langs.org

