

Program information and registration by email tammys@langs.org or phone 519-653-1470 ext. 228
All programs take place at Langs 1145 Concession Road, Cambridge, ON unless otherwise noted

Night Out

Join us for Bingo!

Date: Mondays

Sep 16, Oct 21 (music)
& Nov 18

Time: 6:30 - 7:45 pm

Cost: \$2

Registration encouraged,
not required

Retired and Ready 50+

A program focused on
health promotion,
connection, recreation and
fun.

Dates: Monthly

Sep 16, Oct 22 (trip), Nov 18

Time: 1:30 - 3:30 pm

Cost: \$2/week

Registration required

Adult Yoga

Get active and stretch!

Date: Tuesdays

starts Sep 10

Time: 10:30 - 11:30 am

Cost: \$4/week

Registration encouraged,
not required



Cooking Healthy Together

Do you enjoy cooking or
want to learn how? Then
this program is for you!

Date: Tuesdays

Sep 10 - Oct 15

Time: 1:00 - 2:30 pm

Cost: \$2/week

Registration required

Live and Laugh

An adult program focused on
health promotion, fun, and
recreation.

Date: Wednesdays

Sep 11 - Nov 27

Time: 10:00 am - 12:00 pm

Cost: \$2/week

Knowing Me

Adult women's program to
learn more about yourself
through discussion and
activities. Registration req'd.

Location: 3 Doors Down
1273 Concession Rd

Date: Thursdays

Sep 19 - Nov 28

Time: 10:00 - 11:30 am

Cost: \$2/week

Little Jumping Beans

Early Years

A play and learn based
program for ages 0-6 and
their parents/caregivers.

Date: Thursdays

Sep 12 - Nov 28

Time: 9:30 - 11:00 am

Cost: \$2/week

Registration encouraged

Adult Lunch Outings

Join us for lunch.

Dates:

Sep 17, Oct 29, Nov 26

Time: 11:30 am - 1:30 pm

Cost: lunch at your cost

Registration required

Fall Clothing Giveaway

Free clothing giveaway at
Langs. Donations accepted
two weeks prior.

Dates: Mon Oct 7

Time: 4:00 - 6:30 pm

Apple Picking

Enjoy an outing!

Date: Sep 24

Time: 10:00 am - 12:00 pm

Cost: \$2, apples at your cost

Registration required



Prestonia Manor

at 778 Walter St

Come to the lounge to have
fun and meet new people.

Date: Sep 10, Oct 8, Nov 12

Time: 10:00 - 11:30 am

Cost: donation

Bishop Street

at 339 Bishop St

Come to the lounge to have
fun and meet new people.

Date: Sep 3, Oct 1, Nov 5

Time: 9:30 - 11:00 am

Cost: donation

Emergency First Aid & CPR C with AED Training

Register to attend this one
day course. Ages 12+

Date: Fri Oct 25

Time: 8:30 am - 4:30 pm

Cost: \$90+HST

Online registration required



Card & Games Night

Enjoy a night of games!

Date: Nov 4

Time: 6:30pm - 8:00pm

For program information, email tayloro@langs.org or julial@langs.org or phone 519-653-1470 ext. 287 or 219.
All programs take place at Langs, 1145 Concession Road, Cambridge, ON unless otherwise noted.

PA Day Program

Grade 1-5

Come enjoy some exciting crafts, snacks, fun, physical activities and to make new friends!

Date: Fri Oct 11 & Nov 1

Time: 9:00 am - 5:00 pm

Cost: \$10

Registration: scan QR code



After School Program

Grades 1-5

For students at Coronation PS or St Michael CES.

Date: Monday-Friday

Time: 3:00 - 5:30 pm

Cost: \$10/week

Registration: online, scan QR code

Email: erumn@langs.org for more information



Langs Lunch Leaders

For Gr 4-6 students at St Michael CES

Date: Thursdays, Rm 114

Time: 12:05 - 12:45 pm

For Gr 4-6 students at Coronation PS

Date: Wednesdays

Time: 10:45 - 11:25am



Winter Break Program

Grade 1-5

Participate in fun gym games, get creative with some arts and crafts and enjoy time with friends.

Date: Dec 30 - Jan 3

(no program Jan 1)

Time: 9:00 am - 5:00 pm

Cost: \$75/week

Registration: scan QR code



Open Gym

Grade 1-5

Learn about movement and sports through cooperative games.

Date: Tuesdays at WG Davis School Gym

Wednesdays at Langs Gym

September 10 - December 18

Time: Tues - 6:30 - 7:30 pm

Wed - 6:00 - 7:00 pm

Location: Langs Gym

Cost: Free

Registration: Families will be asked to complete a registration form on their first visit.



For program information, email hannahr@langs.org or phone 519-248-4769 ext. 3002.

All programs take place at Grow Community Centre, 1 Groh Ave, Cambridge, ON unless otherwise noted.

PA Day Program

Grade SK-6

Come enjoy some exciting crafts, snacks, fun, physical activities and to make new friends!

Date: Fri Oct 11 & Nov 1

Time: 9:00 am - 5:00 pm

Cost: \$10

Registration: scan QR code



After School Program

Grades 1-5

For students at Centennial PS.

Date: Monday-Friday

Time: 3:00 - 5:30 pm

Cost: \$10/week

Registration: online, scan QR code

Email: erumn@langs.org for more information



Open Gym Drop-In

Grades SK-6

Enjoy cooperative games together at Centennial PS!

Date: Wednesdays starting Sep 18

Time: 6:30-7:30 pm

Cost: Free

Shamrock Drop-In

Grade SK-6

Bring your friends and enjoy a variety of activities.

Date: Mondays Sep 9 - Dec 16

Time: 6:30 - 7:30 pm

Location:

Shamrock 182 Queen St W

Cost: Free

Registration: Families will be asked to complete a registration form on their first visit.



Resource Centre

Come to Grow to create resumes, print documents or surf the internet.

Printing: 1st print/copy is free, additional copies \$0.10/page

Hours: Mon, Wed, or Fri from 12:00 - 4:00pm

Participants will be asked to sign in and provide contact information.

STEAM at Shamrock

Grade SK-6

Come out to explore science, technology, engineering, art and math.

Date: Tuesdays Sep 10 - Dec 17

Time: 6:30 - 7:30 pm

Location:

Shamrock 182 Queen St W

Cost: Free

Registration: Families will be asked to complete a registration form on their first visit.



Winter Break Program

Grade SK-6

Participate in fun gym games, get creative with some arts and crafts and enjoy time with friends.

Date: Dec 30 - Jan 3

(no program Jan 1)

Time: 9:00 am - 5:00 pm

Cost: \$75/week

Registration: scan QR code





YOUTH WELLNESS HUB PROGRAMS

FALL 2024

For more information, contact Derek at 519-653-1470 ext 357 or derekw@langs.org.
All free programs take place in the Youth Wellness Hub 1145 Concession Rd, 2nd Floor.

MONDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 1pm-8pm

Makerspace
Be creative at our
themed art stations.
Time: 2pm-4:00pm

Hoops
Shoot-around or
play a game with
friends. Basketballs
provided.
In the Langs gym.
Time: 7pm-8pm

TUESDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 11am-5pm

STEAM
Explore science,
technology,
engineering, arts,
and math
Time: 3:30-4:30pm

WEDNESDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 1pm-8pm

Hoops
Shoot-around or
play a game with
friends. Basketballs
provided.
In the Langs gym.
Time: 7pm-8pm

THURSDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 11am-5pm

YTCYC
Interested in
leadership
development and
earning volunteer
hours? The Youth
Council is for you!
Once a month,
contact for dates.
Time: 6pm-7pm

FRIDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 11am-4pm

Makerspace
Be creative at our
themed art stations.
Time: 2pm-4pm



YOUTH MENTAL HEALTH SERVICES

The Langs YWH Mental Health worker provides brief intervention services for ages 12-24. Over 4 sessions we build skills, increase mindfulness and learn more about self-regulation. Workshops and one-on-one support is available. By appointment only, contact Laura at 519-653-1470 ext 361.

Programs are available for Grades 6-12, unless otherwise noted.

