

# about me.

John



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John had never felt so alone as during the pandemic. Living alone, with minimal connection to his community, he found himself sinking into a deep sense of isolation. One day, he decided to leave the isolation of his home and discovered Langs.

His first visit was tentative, unsure what he would find, but seeking a sense of connection. What he found exceeded his expectations. Langs was a hub with many Adult Programs designed to foster community and belonging. John quickly immersed himself in activities like Community Dinners and Live & Laugh, relishing every opportunity to socialize.

But it was on the walking track that something truly remarkable happened. Engaged in his exercise, he couldn't help but notice the activity below in the gym. Children, full of curiosity and energy, were participating in playful learning. Their laughter and exploration stirred something deep within John. It was a simple, yet profound reminder of the joy of connection.

Week after week, John eagerly explored the diverse programs offered by Langs. Each visit felt like coming home. The warmth and acceptance of the community surrounded him, helping to ease the shadows of loneliness.

Driven by his transformative experience, John advocates for Langs in his community. He shares his story with anyone who will listen, offering rides to neighbours so they too can experience the sense of belonging he has found.

"People who show up here are invested, open-minded, and inquisitive," John says with a smile. "That's who I am meeting when I come to Langs."

Through Langs, John discovered more than just a place to socialize. He found a sense of belonging in a world that can feel dark and isolated. Now, he's on a mission to share with everyone he meets. "Have a look at Langs," he urges with enthusiasm. "You might just find something that you enjoy!"

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