

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!

Dates: Mon Jan 20 &
Mon Mar 3

Time: 6:30 - 7:45 pm

Cost: \$2

Registration encouraged,
not required



Retired and Ready 50+

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

Dates: Mon Jan 20 &
Mon Feb 24

Time: 1:30 - 3:30 pm

Cost: \$2/week

Registration required



Adult Yoga

Get active and stretch!

Date: Tues Jan 7, 14 &
Tues Feb 18, 25 & Mar 4

Time: 10:30 - 11:30 am

Cost: \$4/week

Cooking Healthy Together

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

Date: Tue Jan 7 - Feb 11

Time: 1:00 - 3:00 pm

Cost: \$2/week

Registration required

Live and Laugh

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

Date: Wed Jan 8 - Mar 5

Time: 10:00 am - 12:00 pm

Cost: \$2/week

Little Jumping Beans

Early Years

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

Date: Thu Jan 9 - Mar 6

Time: 9:30 - 11:00 am

Cost: \$2/week

Registration encouraged



Chair Yoga

Gentle yoga with a chair for
support to adapt yoga
poses. Ideal for all abilities.

Date: Fri Jan 10 - Mar 7

Time: 10:00 - 11:00 am

Cost: \$4/week

Registration encouraged

Games & Cards Afternoon Social

Join us to play your
favourite games.

Date: Tue Feb 18

Time: 1:00-3:00 pm

Registration encouraged

Emergency First Aid & CPR C with AED Training

Register to attend this one
day course. Ages 12+

Date: Fri Feb 7

Time: 8:30 am - 4:30 pm

Cost: \$90+HST

Scan QR code to

register



Prestonia Manor

at 778 Walter St
Come to the lounge to have
fun and meet new people.

Date: Tue Jan 7 &

Tue Feb 11

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: Tue Jan 21 &

Tue Feb 18

Time: 9:30 - 11:00 am

Cost: donation

Adult Lunch Outings

Join us for lunch.

Dates: Tue Jan 28 &

Tue Feb 25

Time: 11:30 am - 1:30 pm

Cost: lunch at your cost

Registration required

