

STRANGWAY COMMUNITY CENTRE



FALL PROGRAMMING GUIDE



MEMBERSHIPS

4 Month Strangway Membership - September to December 2022 - **\$25.50**

2022 Strangway Membership - January to December 2022 - **\$55.50**

2022 Hobby Shop Membership - January to December 2022 - **\$175.00**



REGISTRATION

Registration opens **Wednesday, August 31st, 2022**, for the Fall Session of programming. The Fall Session will run from September 12 to December 22, 2022. Registration is mandatory for instructor-led programs. Please note that you can register for programs at any point throughout the Fall Session.

For more information and to register, please visit our website at <https://sarnia.ca/play/the-strangway-centre/>

Registration can also be completed by:

-Calling Customer Service at 519-332-0330 ext. 3131 - 8:30am to 4:30pm - Monday to Friday

-Visiting the Strangway Community Centre - 8:30am to 4:30pm - Monday to Friday

Please Note

The Strangway Community Centre will be closed in observance of the following holidays

Thanksgiving Day - Monday, October 10, 2022

Remembrance Day - Friday, November 11, 2022

Programming costs reflect holiday closures

FITNESS & WELLNESS

AGING BACKWARDS

Instructor: Anna Buchanan

Aging Backwards is an age reversing gentle workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout created by the author of 'Forever Painless' and the New York Times bestseller, 'Aging Backwards'. This class has a slower pace than our general Essentrics classes. It is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. For men and women of all ages who are looking for a gentle, slow tempo class.

Wednesday, September 14 to October 26 - 12:30pm to 1:15pm (Member: \$56.00/Non-Member: \$70.00)

Wednesday, November 2 to December 21 - 12:30pm to 1:15pm (Member: \$64.00/Non-Member: \$80.00)

BEGINNER PICKLEBALL LESSONS

Experienced pickleball players will assist in teaching the basics of pickleball including rules, scoring etc. If you do not have a paddle, the Centre has some that can be borrowed.

Tuesday, September 13 to September 27 - 2pm to 3:30pm (Member: \$13.00/Non-Member \$15.00)

Tuesday, October 11 to October 25 - 2pm to 3:30pm (Member: \$13.00/Non-Member \$15.00)

Tuesday, November 8 to November 22 - 2pm to 3:30pm (Member: \$13.00/Non-Member \$15.00)

Tuesday, December 6 to December 20 - 2pm to 3:30pm (Member: \$13.00/Non-Member \$15.00)

BUILD YOUR BONES

Instructor: Richel Jackson

In this class we will help "build your bones" by creating a demand for calcium through exercises such as weight training. Cardio is also included in this well rounded and fun exercise class!

Beginner

Monday, September 12 to October 17 - 11:15am to 12:15am (Member: \$40.00/Non-Member: \$50.00)

Wednesday, September 14 to October 26 - 11:15am to 12:15am (Member: \$56.00/Non-Member: \$70.00)

Friday, September 16 to October 28 - 10am to 11am (Member: \$56.00/Non-Member: \$70.00)

Monday, October 31 to December 19 - 11:15am to 12:15am (Member: \$64.00/Non-Member: \$80.00)

Wednesday, November 2 to December 21 - 11:15am to 12:15am (Member: \$64.00/Non-Member: \$80.00)

Friday, November 4 to December 16 - 10am to 12am (Member: \$48.00/Non-Member: \$60.00)

Intermediate

Monday, September 12 to October 24 - 10am to 11am (Member: \$48.00/Non-Member: \$60.00)

Wednesday, September 14 to October 26 - 10am to 11am (Member: \$56.00/Non-Member: \$70.00)

Friday, September 16 to October 28 - 11:15am to 12:15am (Member: \$56.00/Non-Member: \$70.00)

Monday, October 31 to December 19 - 10am to 11am (Member: \$64.00/Non-Member: \$80.00)

Wednesday, November 2 to December 21 - 10am to 11am (Member: \$64.00/Non-Member: \$80.00)

Friday, November 4 to December 16 - 11:15am to 12:15am (Member: \$48.00/Non-Member: \$60.00)

CARPET BOWLING (DROP-IN)

Carpet bowling resembles lawn bowling but it played indoors with a round or slightly asymmetric balls on a carpet.

Wednesday, September 14 to December 21 - 9am to 11am (Member: \$2.75/Non-Member \$5.75 Per Day)

CHAIR EXERCISES

Instructor: Dorothy Fyfe

In conjunction with the Parkinson's Support Group of Sarnia Lambton. The focus of this exercise class will be on improving balance, flexibility, co-ordination, and joint movement. The exercises in this program have been designed for persons with Parkinson's and their caregivers; however they will be of benefit to anyone with mobility and flexibility difficulties.

Monday, September 12 to October 31 - 3:30pm to 4:15pm (Member: \$23.00/Non-Member: \$34.00)

Monday, November 7 to December 19 - 3:30pm to 4:15pm (Member: \$26.00/Non-Member: \$40.00)

CHAIR YOGA

Instructor: Ann Bending

In this beginner-friendly class you will practice yoga poses while sitting in a chair. It is a safe alternative to practicing yoga from a mat if getting up and down from a mat is challenging.

Monday, September 12 to October 24 - 12:30pm to 1:30pm (Member: \$48.00/Non-Member: \$60.00)

Monday, October 31 to December 19 - 12:30 - 1:30pm (Member: \$64.00/Non-Member: \$80.00)

CONTINUOUS MOVEMENT STRENGTH TRAINING

Instructor: Dick Felton

In this class we will focus on body weight exercise moves to increase your strength. The exercises will be able to be customized for your ability. The continuous movement of the class will be exhilarating and beneficial. Please bring your own mat, but if you do not have one there are some available at the Centre.

Friday, September 16 to October 28 - 8:45am to 9:45am (Member: \$56.00/Non-Member: \$70.00)

Friday, November 4 to December 16 - 8:45am to 9:45am (Member: \$48.00/Non-Member: \$60.00)

CORE CONDITIONING

Instructor: Richel Jackson

Designed for all fitness levels (as long as you can get up and down from the floor), core conditioning will involve exercises that focus on abs, glutes, lower back and hip flexors. Each week participants will work toward improving their own strength, flexibility, balance and endurance. Bring your running shoes, a mat, and a water bottle.

Thursday, September 15 to October 27 - 12:30pm to 1:30pm (Member: \$56.00/Non-Member: \$70.00)

Thursday, November 3 to December 22 - 12:30pm to 1:30pm (Member: \$64.00/Non-Member: \$80.00)

ESSENTRICS

Instructor: Anna Buchanan

Enjoy a full-body workout that stretches and strengthens your body, decompresses joints and leaves you feeling revitalized! It's all about stretching through continual movement. Please bring a yoga mat as there is some mat work on the floor involved.

Monday, September 12 to October 17 - 12:30pm to 1:15pm (Member: \$40.00/Non-Member: \$50.00)

Monday, October 31 to December 19 - 12:30pm to 1:15pm (Member: \$64.00/Non-Member: \$80.00)

FOOTCARE

Footcare services provided by a trained pedicurist. The clinic is able to accommodate the following conditions: reduced callouses, thickened nails, removed corns, diabetic feet, athletes foot, ingrown toenails, fungus and trim and file nails. You do not need to bring anything with you (towel and soak tub are provided). Treat your feet with the care they deserve! Contact the Centre to register: 519-332-0656

Friday, October 7 - 9:00am to 3:30pm (\$40.00)

Friday, November 4 - 9:00am to 3:30pm (\$40.00)

Friday, December 9 - 9:00am to 3:30pm (\$40.00)

FUNFIT

Instructor: Carol Burkhart

Be ready to work hard, sweat, improve your fitness level, and meet new people all while having fun to great music! This program offers low impact exercise, while working the cardiovascular system. Bring your running shoes, a mat, and a water bottle.

Tuesday, September 13 to October 25 - 8:45am to 9:45am (Member: \$42.00/Non-Member: \$49.00)

Thursday, September 15 to October 27 - 8:45am to 9:45am (Member: \$42.00/Non-Member: \$49.00)

Tuesday, November 1 to December 20 - 8:45am to 9:45am (Member: \$48.00/Non-Member: \$56.00)

Thursday, November 3 to December 22 - 8:45am to 9:45am (Member: \$48.00/Non-Member: \$56.00)

GENTLE YOGA

Instructor: Ann Bending

In this beginner-friendly class we will safely observe and build stability through broad ranges of movement. You will be holding and flowing through yoga poses followed by a brief guided meditation bringing body and mind into balance.

Monday, September 12 to October 17 - 5:45pm to 6:45pm (Member: \$40.00/Non-Member: \$50.00)

Monday, October 31 to December 19 - 5:45pm to 6:45pm (Member: \$64.00/Non-Member: \$80.00)

INTERMEDIATE YOGA

Instructor: Ann Bending

A balanced yoga class for those who have some experience with yoga. Something to challenge the way you usually move. There will be lots of opportunity to tap into over all strength; including core. But we won't forget the more relaxed, stretchy, spacious side of the practice. It's all about balance.

Monday, September 12 to October 17 - 4:30pm to 5:30pm (Member: \$40.00/Non-Member: \$50.00)

Monday, October 31 to December 19 - 4:30pm to 5:30pm (Member: \$64.00/Non-Member: \$80.00)

LINE DANCING

Beginner-Improver

Instructor: Diane Gorton

If you love to dance this is the class for you. Put on your dancing shoes and step in time to great music and routines. Including Cha Cha, Rumba, Salsa, Tango, Waltz, Jive Foxtrot, Polka and Country all danced to Latin American and Modern Ballroom tunes. No partner required.

Tuesday, September 13 to September 27 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Tuesday, October 4 to October 25 - 10am to 11am (Member: \$24.00/Non-Member: \$28.00)

Tuesday, November 1 to November 29 - 10am to 11am (Member: \$30.00/Non-Member: \$35.00)

Tuesday, December 6 to December 20 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Intermediate

Instructor: Diane Gorton

Let's dance to the next step up! If you love to dance and have experience line dancing this is the class for you. Put on your dancing shoes and step in time to great music and routines. Including Cha Cha, Rumba, Salsa, Tango, Waltz, Jive Foxtrot, Polka and Country all danced to Latin American and Modern Ballroom tunes. No partner required.

Monday, September 12 to September 26 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Thursday, September 15 to September 29 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Monday, October 3 to October 31 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Thursday, October 6 to October 27 - 10am to 11am (Member: \$24.00/Non-Member: \$28.00)

Thursday, November 3 to November 24 - 10am to 11am (Member: \$24.00/Non-Member: \$28.00)

Monday, November 7 to November 28 - 10am to 11am (Member: \$24.00/Non-Member: \$28.00)

Monday, December 5 to December 19 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

Thursday, December 1 to December 15 - 10am to 11am (Member: \$18.00/Non-Member: \$21.00)

MEDIATION WITH RICHARD (DROP-IN)

Instructor: Richard Maxwell

Gather to practice and share your meditation experience. No previous experience required, instruction is given by a Soto Zen Buddhist Monk.

Thursday, September 15 to December 22 - 10am to 11am (By Donation)

MINDS IN MOTION

In partnership with the Alzheimer's Society we will be offering the Minds in Motion program. Minds in Motion is a program for people living with early to mid-stage Alzheimer's disease or other dementia's and their care partners.

Monday, September 12 to October 31 - 1:45pm to 3:15pm (Standard Charge: \$10.00)

Monday, November 7 to December 19 - 1:45pm to 3:15pm (Standard Charge: \$10.00)

PICKLEBALL - RECREATIONAL (DROP-IN)

Join this fun group for a few games of pickleball! A great way to be active and socialize. Paddles are supplied but you are welcome to bring your own.

Tuesday, September 13 to December 20 - 3:30pm to 5:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Friday, September 16 to December 16 - 11:15am to 1:15am (Member: \$2.75/Non-Member \$5.75 Per Day)

SHUFFLEBOARD (DROP-IN)

Shuffleboard is a game played by pushing discs with a long handled cue over a marked wood floor. Discs can be pushed from a seated position.

Thursday, September 15 to December 22 - 2pm to 4pm (Member: \$2.75/Non-Member \$5.75 Per Day)

STRETCH & SOFT YOGA

Instructor: Pam Chin

This program uses healing yoga, a program that is modified to help people with injuries and illness. Regular practice of this program can benefit range of specific conditions while helping you bring flexibility, fluid movement and relieve the stress in your whole body. You don't need any previous yoga experience, but you must be able to get down onto the ground. You will need a rubber yoga mat for this class.

Tuesday, September 13 to September 27 - 11:15am to 12:15pm (Member: \$18.00/Non-Member: \$21.00)

Tuesday, September 13 to September 27 - 12:30pm to 1:30pm (Member: \$18.00/Non-Member: \$21.00)

Thursday, September 15 to September 29 - 11:15am to 12:15pm (Member: \$18.00/Non-Member: \$21.00)

Tuesday, October 4 to October 25 - 11:15am to 12:15am (Member: \$24.00/Non-Member: \$28.00)

Tuesday, October 4 to October 25 - 12:30pm to 1:30pm (Member: \$24.00/Non-Member: \$28.00)

Thursday, October 6 to October 27 - 11:15am to 12:15pm (Member: \$24.00/Non-Member: \$28.00)

Tuesday, November 1 to November 29 - 11:15am to 12:15pm (Member: \$30.00/Non-Member: \$35.00)

Tuesday, November 1 to November 29 - 12:30pm to 1:30pm (Member: \$30.00/Non-Member: \$35.00)

Thursday, November 3 to November 24 - 11:15am to 12:15pm (Member: \$24.00/Non-Member: \$28.00)

Thursday, December 1 to December 22 - 11:15am to 12:15pm (Member: \$24.00/Non-Member: \$28.00)

Tuesday, December 6 to December 20 - 11:15am to 12:15pm (Member: \$18.00/Non-Member: \$21.00)

Tuesday, December 6 to December 20 - 12:30pm to 1:30pm (Member: \$18.00/Non-Member: \$21.00)

TABLES TENNIS (DROP-IN)

Wednesday, September 14 to December 21 - 4:00pm to 6:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

TAI CHI

Tai Chi is found to improve the flexibility of joints, improve balance, deepen breathing, increase circulation and is suitable for all levels of ability. The Chair Set is an option for those who have difficulty standing. The Beginner/Continuing class is for those who are new to tai chi, or still learning the set.. Ongoing class is for those who know the entire set.

Instructor: Jim Carrothers

Beginning/Continuing

Monday, October 3 to October 31 - 8:45am to 9:45am (Member: \$18.00/Non-Member: \$23.00)

Monday, November 7 to November 28 - 8:45am to 9:45am (Member: \$24.00/Non-Member: \$31.00)

Monday, December 5 to December 19 - 8:45am to 9:45am (Member: \$18.00/Non-Member: \$23.00)

Ongoing

Tuesday, October 4 to October 25 - 6:00pm to 7:00pm (Member : \$24.00/Non-Member: \$31.00)

Tuesday, November 1 to November 29 - 6:00pm to 7:00pm (Member: \$30.00/Non-Member: \$38.00)

Tuesday, December 6 to December 20 - 6:00pm to 7:00pm (Member: \$18.00/Non-Member: \$23.00)

ARTS & CULTURE

CARD MAKING

Looking for a creative activity to do? Have fun creating beautiful cards and put a smile on a loved ones face when they receive your homemade card in the mail! Materials and instructions will be included in the card making kit.

Thursday, September 22 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

Thursday, October 27 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

Thursday, November 24 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

DRAWING: THE BASICS

Drawing for beginners. A fun and relaxed environment where you will learn the basics of drawing and fundamental skills needed to begin drawing. We will begin with the simple line images and work toward a more realistic three-dimensional look. We will explore various topics and tools to techniques and beyond. These skills will help you on your way towards the joy of drawing.

Instructor: Barbara Fisher

Tuesday, September 27 to November 29 - 9:30am to 11:30am (Member: \$115.00/Non-Member: \$133.00)

FRENCH

Basic

Instructor: Diane Lamarche

Learn French in this true conversational course. We will learn the language fundamentals including: pronunciation of consonants, vowels, combo sounds and accents. We will also cover terms which are important for travelling in French speaking countries

Monday, September 26 to November 21 - 3:45pm to 5:15pm (Member: \$87.00/Non-Member: \$100.00)

Intermediate

A continuation to the beginner program. We will cover: pronouns and verbs, present tense, past and future tense as well as terms related to transportation, shopping and travel.

Monday, September 26 to November 21 - 5:30pm to 7:00pm (Member: \$87.00/Non-Member: \$100.00)

INTRODUCTION TO LEATHER CARVING

Instructor: Allen Williams

Learn the basics of leather carving, tooling, and dye work with Allen Williams "The Leather Man" who has over 60 experience working with leather. You will make 6 coasters (each which a unique design), a key fob and a luggage tag. Leather, tools and dye all supplied. If you can trace, you can carve leather! Materials are supplied.

Thursday, September 22 to October 27 - 9:30am to 11:30am (Member: \$78.00/Non-Member: \$89.00)

ITALIAN

Instructor: Rosanna Zuniga DiBrita

Basic

An introduction to basic Italian that reflects the various aspects of practical, spoken Italian in every day situations. Great for those who are planning a trip to an Italian destination!

Wednesday October 5 to December 7 - 3:45pm to 5:15pm (Member: \$103.00/Non-Member: \$120.00)

Conversational

If you've mastered the basics of Italian join our conversational group for more practice. This group is designed for intermediate/advanced speakers.

Wednesday October 5 to December 7 - 5:30pm to 7:00pm (Member: \$103.00/Non-Member: \$120.00)

OPEN ART STUDIO

Instructor: Barbara Fisher

Art Studio is open to anyone who has basic art skills and would like to further your learning experience. You will have opportunity to try various styles, techniques and mediums or focus on your favourite art practice. We do a brainstorm session for ideas on the first day of class. No oil based painting allowed.

*Bring your own supplies and project to the first class.

Monday, September 19 to November 28 - 11:30am to 2:30pm (Member: \$138.00/Non-Member: \$158.00)

SPANISH

Instructor: Petra Ramos

Basic

This course is an introduction to help you carry on a conversation in Spanish. You will learn how to order from a menu, tell time, shopping terms, reading signs and various travel terms.

Tuesday, September 27 to November 15 - 5:30pm to 6:45pm (Member:\$163.00/Non-Member: \$188.00)

Advanced

Continue to develop your Spanish with this intermediate/advanced class.

Tuesday, September 27 to November 15 - 3:45pm to 5:15pm (Member:\$163.00/Non-Member: \$188.00)

WATERCOLOURS: THE BASICS

Instructor: Barbara Fisher

A course designed for beginners. We will have fun as we learn the basics and fundamental skills to painting in watercolours. We will cover a wide variety of topics from materials, tool, techniques and more. We will explore colour, how to mix it and how to create exciting dimensional effects. We will explore various styles which will develop your skills and equip you on your painting journey.

Tuesday, September 27 to November 29 - 11:45am to 2:15pm (Member: \$126.00/ Non-Member: \$145.00)

HOBBIES & SPECIAL INTERESTS

ADVANCED BRIDGE LESSONS

Instructor: Rajesh Seth

Advanced bridge lessons will prepare the players to compete more effectively at the club level as well as higher level tournaments. The emphasis will be on how to think and count out the opponents hands (how to play KJ combination and increase of chances of success at 2 way finesses.)

Friday, November 4 to December 2 - 1:00pm to 4:00pm (Member: \$65.00/Non-Member: \$75.00)

ART OF MAGIC: LESSONS

Instructor: Dennis Lucier

You will be taught easy to learn, easy to perform tricks, illusions, and brainteasers that are guaranteed to engage people of all ages with jaw dropping amazement. They may even hound you to reveal how you did it! All tricks taught will be with every day objects found around the house, such as cards, coins, pencils, paper clips, and more. There is no special skill requirements, just the willingness to learn. Do you believe in Magic?... I do!

Wednesday, October 5 to October 26 - 11:30am to 1:00pm (Member: \$50.00/Non-Member: \$58.00)

Wednesday, November 9 to November 30 - 11:30am to 1:00pm (Member: \$50.00/Non-Member: \$58.00)

BEGINNER BRIDGE LESSONS

Instructor: Rajesh Seth

This course is aimed at true beginners, those returning to bridge after long absences, and those wanting to "test the waters". Three books will need to be purchased in addition to the program fee (at roughly \$35 with instructor discount).

Friday, October 7 to October 28 - 1:00pm to 4:00pm (Member: \$65.00/Non-Member: \$75.00)

BEGINNERS WOODWORKING CRAFT

Learn to mill and assemble rough cut lumber (walnut and maple) to construct a beautiful 14" x 20" serving tray. This is a great project for use around the home or as a gift. You will learn the process from start to finish, with an introduction to tools such as table saw, chop saw, planers, sanders, and a variety of hand tools. This course is designed for the beginner woodworker in a relaxed environment. All material is supplied with the exception of two handles which the student will purchase later.

Wednesday, November 2 to November 30 - 9:00am to 12:00pm (Member: \$91.00/Non-Member: \$105.00)

BOOK CLUB

Join us to discuss a new book each month. Books are borrowed from the library's book club program.

Friday, October 21 - 11:00am to 12:00pm (Free - Preregistration is required)

Friday, November 18 - 11:00am to 12:00pm (Free - Preregistration is required)

Friday, December 16 - 11:00am to 12:00pm (Free - Preregistration is required)

CHESS (DROP-IN)

Keep your mind active by participating in a friendly competitive game of chess!

Friday, September 16 to December 16 - 1:30pm - 4:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

CRIBBAGE (DROP-IN)

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Monday, September 12 to December 19 - 1:00pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

EUCHRE (DROP-IN)

Join us for some social time and a friendly, competitive game(s) of Euchre. No partner required.

Monday, September 12 to December 19 - 4:00pm to 6:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

GUITAR LESSONS

Instructor: Dan Caraher

Beginner

Start to learn the basics of playing a guitar including basic cords, whole note scales, minor pentatonic scales, how to read guitar tabs and learn some songs. Brush the dust off the acoustic guitar that you've been saying you'll learn how to play some day and have some fun!

Wednesday, September 28 to November 30 - 5:00pm to 6:00pm (Member: \$115.00/Non-Member: \$130.00)

Refresher

If you have already participated in the beginner course or it has been a while since you have played, join this course to refresh and build on your skills.

Wednesday, September 28 to November 30 - 6:15pm to 7:15pm (Member: \$115.00/Non-Member: \$130.00)

iPAD: THE BASICS

Instructor: Theresa Van Koeverden

Learn how to use an iPad in this basic course. We will be learning the basic functions of an iPad, how to download and use a variety of apps, how to use various forms of social media including Facebook, Facetime, Skype and Zoom and how to take, store, delete and create with photos. Please bring your iPad to follow along in this interactive learning experience.

Tuesday, September 20 to October 25 - 12:00pm to 1:00pm (Member: \$85.00/Non-Member: \$99.00)

Tuesday, November 8 to December 13 - 12:00pm to 1:00pm (Member: \$85.00/Non-Member: \$99.00)

JAM SESSION

This is an open jam session that is open to any personal musical instrument. The goal is to have fun making music with other jammers. The Centre does not supply instruments.

Thursday, October 6 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Thursday, October 20 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Thursday, November 3 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Thursday, November 17 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Thursday, December 1 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Thursday, December 15 - 1:30pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

KNIT & CHAT (DROP-IN)

Bring along your knitting or crocheting project and chat with others working on their projects as well in this weekly social group.

Monday, September 12 to December 19 - 10:00am to 11:00am (Free)

LEARN BRIDGE IN A DAY

This course is aimed at true beginners, those returning to bridge after long absences and those wanting to "test the waters" before committing to a session of classes. Student workbook is included.

Friday, September 23 - 10:00am to 3:00pm - (Member: \$35.00/Non-Member: \$40.00)

LEARN TO KNIT

Instructor: Hendrika Kamerman

Beginners

Learn to knit in this 6 week course. You will learn how to make slippers and a hat in this beginners course. You will need to bring a 4.5 knitting needle and a ball of yarn.

Wednesday, September 21 to October 26 - 1:30pm to 3:30pm (Member: \$63.00/Non-Member: \$72.00)

Intermediate

Advance your knitting skills in this intermediate level course. You will learn to make slippers, hoodies and mittens.

Wednesday, November 2 to December 7 - 1:30pm to 3:30pm (Member: \$63.00/Non-Member: \$72.00)

MAHJONG (DROP-IN)

A game usually played by four persons with 144 dominoes like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces.

Thursday, September 15 to December 22 - 1:00pm to 4:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

NAME THAT TUNE

Join local pianist Steve Lane for a fun hour of Name That Tune! Stephen knows thousands of songs of a wide variety so you never know what to expect. What you do know is you will be smiling from ear to ear and humming the songs for the rest of the day.

Monday, October 3 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, October 17 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, October 31 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, November 14 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, November 28 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, December 12 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

PEPPER (DROP-IN)

Pepper is a card game similar to euchre but with bidding.

Wednesday, September 14 to December 21 - 1:30pm to 4:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

Friday, September 16 to December 16 - 1:30pm to 4:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

PHOTOGRAPHY FOR BEGINNERS: WORKSHOP

Instructor: Lorrie Williams

Want to understand your camera better? Join us for this hands on photography workshop. You will learn how to use your camera on manual, giving you full creative control of your photos. After some time in the outdoor classroom, we will be practicing our new skills. We will touch on composition as well as exposure. **This program will occur at the Canatara Log Cabin with periods being outdoors.**

Friday, September 9 - 12:00pm to 4:00pm (Member: \$58.00/Non-Member: \$66.00)

PHOTOGRAPHY: THE BASICS

Instructor: Lorrie Williams

Learn the basics about lighting and composition to take your photography to the next level. This course will help you understand your camera better, what do all those buttons do? (Please bring your owners manual with you.) Understand light and how to use it to make your photos better. We will also discuss composition and cropping. There will be practice assignments to complete. This is a very basic course.

Friday, September 16 to October 21 - 3:00pm to 4:00pm (Member: \$86.00/Non-Member: \$99.00)

SCRABBLE (DROP-IN)

Join us for a fun game or two of this crossword-inspired board game to challenge your mind!

Thursday, September 15 to December 22 - 10:00am to 12:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

SOCIAL BRIDGE (DROP-IN)

Similar to duplicate bridge, but more relaxed and "social". Rules are less strict than in duplicate bridge and more chatter is permitted.

Tuesday, September 13 to December 20 - 1:30pm to 4:00pm (Member: \$2.75/Non-Member \$5.75 Per Day)

SUES - STRANGWAY UKULELE ENSEMBLE (DROP-IN)

A fun group of ukulele enthusiasts who get together to jam. Please note you must know how to play the ukulele and have a ukulele to join. (The Strangway Centre offers ukulele lessons.)

Wednesday, September 14 to December 21 - 1:00pm to 3:30pm (Member: \$2.75/Non-Member \$5.75 Per Day)

UKULELE LESSONS

Instructor: Rick Clements

The ukulele is fun, simple and affordable musical instrument to play. Music is provided. Once you have completed this course continue to play with the SUES. Ukulele is a necessity and small ukulele tuner is highly recommended.

Wednesday, September 14 to October 26 - 11:30am to 12:30pm (Member: \$25.00/Non-Member: \$30.00)

Wednesday, November 2 to December 14 - 11:30am to 12:30pm (Member: \$25.00/Non-Member: \$30.00)

WOMEN'S WOODWORKING FOR BEGINNERS

Instructor: Susan Brooks

Build your confidence in the hobby shop and gain practical skills. Students will become comfortable with various woodworking tools and techniques. You will be creating a sofa snack table. Materials supplied and are included in the fee.

Tuesday, September 20 to October 25 - 1:00pm to 4:00pm (Member: \$60.00/Non-Member: \$70.00)

ORGANIZED INDOOR SPORTS

Co-Ed Badminton

Recreational Badminton, players will divide into teams upon arrival. Bring your own racket and birdies.

Date & Time: TBD

Location: School Gym - TBD

Cost: TBD

Co-Ed Basketball

Recreational basketball for adults to split up in to two groups to play. Participants must have knowledge of the game. Games will not be refereed.

Date & Time: TBD

Location: School Gym - TBD

Cost: TBD

Zoomers Volleyball

Join us for pick up volleyball and a lot of fun. Come on out, regardless of skill, for a fun form of exercise.

Date & Time: TBD

Cost: TBD

Pickleball: Intermediate & Recreational Levels of Play

Date & Time: TBD

Location: School Gym - TBD

Cost: TBD

All activities, dates, times, and cost are subject to change

FACTS & CHAT

The Facts & Chat sessions at the Strangway Community Centre are presented in partnership with various community agencies to provide **FREE** informational presentations on a wide variety of topics.

While there is no cost to attend Facts & Chat sessions, **pre-registration is required for each individual presentation.**

Facts & Chat takes place each **Wednesday from 10am to 11am** in the **Café Room** at the Strangway Community Centre.

FALL 2022

FACTS & CHAT SCHEDULE

Dates, times, and details pertaining to Facts & Chat sessions are subject to change

Additional Facts & Chat presentations may be added throughout the fall session

August 3 - Fairwinds

Presented By: Jennifer Calvert & Carla MacGregor – Carefree Living at Fairwinds Lodge and Easing the Transition

September 21 - Understanding Dementia: Warning Signs & Symptoms

Presented By: Christine Wright - Alzheimer's Society of Sarnia-Lambton

September 28 - Estate Planning

Presented By: Donald Haagsma - RBC Dominion Securities

October 5 - Zero Waste 101

Presented By: Kaely Kraeft - Ecodemy

October 12 - Let's Talk Plastic

Presented By: Kaely Kraeft - Ecodemy

October 19 - Healthy Brain: Reducing Your Risk of Dementia

Presented By: Christine Wright - Alzheimer's Society of Sarnia-Lambton

October 26 - Investing 101: Saving for Retirement

Presented By: Donald Haagsma - RBC Dominion Securities

November 2 - Falls Prevention

Presented By: Tina Giancarlo - Rapids Family Health Team

November 23 - Dementia Care: How You Can Help Friends and Family

Presented By: Christine Wright - Alzheimer's Society of Sarnia-Lambton

November 30 - Investing for Income

Presented By: Donald Haagsma - RBC Dominion Securities