

# **STRANGWAY COMMUNITY CENTRE FOR 20 YEARS PLUS**



## **WINTER PROGRAMMING GUIDE**

# MEMBERSHIPS

2023 Strangway Membership - January to December 2023 - **TBD**

2023 Hobby Shop Membership - January to December 2023 - **TBD**

**\*Please Note: These fees are set by City Council in mid-January 2023 (including Drop-in Token fees)**

# REGISTRATION

Registration opens **Wednesday, December 7, 2022**, for the Winter Session of programming. The Winter Session will run from January 3 to March 31, 2023. Registration is mandatory for instructor-led programs. Please note that you can register for programs at any point throughout the Winter 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:

New Years Day - Monday, January 2, 2023

Family Day - Monday, February 20, 2023

**\*Programming costs reflect holiday closures\***

# OPEN HOUSE

Have questions about a program? Looking to see a demonstration? Want a tour of the facility? Then come stop by Strangway on **Saturday, January 7, 2023** for our Open House! It will run from 9:30am to 12:00pm.

## 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, January 11 to February 22 - 12:30pm to 1:15pm (Member: \$58.00/Non-Member: \$72.00)

Wednesday, March 1 to March 29 - 12:30pm to 1:15pm (Member: \$41.00/Non-Member: \$51.00)

### AGING BACKWARDS & ESSETRICS BEGINNER WORKSHOP

Instructor: Anna Buchanan

Join this four-week, 45-minute workshop, to gain a better understanding of familiar techniques found in both Aging Backwards and Essentrics. This is a great starting place if you are a beginner or if you have tried these classes but wonder if you're doing it correctly. We'll dive into techniques at the beginning of class, then enjoy a 30-minute routine (2 weeks each of both Aging Backwards and Essentrics). By the end of our workshop, you will have more effective body awareness to give you a more rewarding workout experience. Having tried both streams of the program, you will have a better sense of which program to join / is the right option for your body's needs to unlock tight muscles and joints!

Friday, January 27 to February 17 - 10:00am to 10:45am (Member: \$32.00/Non-Member: \$40.00)

### 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, January 17 to January 31 - 2pm to 3:30pm (Member: \$17.00/Non-Member \$20.00)

Tuesday, February 14 to February 28 - 2pm to 3:30pm (Member: \$17.00/Non-Member \$20.00)

Tuesday, March 14 to March 28 - 2pm to 3:30pm (Member: \$17.00/Non-Member \$20.00)

## **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, January 9 to February 13 - 11:15am to 12:15pm (Member: \$49.00/Non-Member: \$61.00)

Wednesday, January 11 to February 22 - 11:15am to 12:15pm (Member: \$58.00/Non-Member: \$72.00)

Friday, January 13 to February 24 - 10am to 11am (Member: \$58.00/Non-Member: \$72.00)

Monday, February 27 to March 27 - 11:15am to 12:15pm (Member: \$41.00/Non-Member: \$51.00)

Wednesday, March 1 to March 29 - 11:15am to 12:15pm (Member: \$41.00/Non-Member: \$51.00)

Friday, March 3 to March 31 - 10am to 11am (Member: \$41.00/Non-Member: \$51.00)

### **Intermediate**

Monday, January 9 to February 13 - 10am to 11am (Member: \$49.00/Non-Member: \$61.00)

Wednesday, January 11 to February 22 - 10am to 11am (Member: \$58.00/Non-Member: \$72.00)

Friday, January 13 to February 24 - 11:15am to 12:15pm (Member: \$58.00/Non-Member: \$72.00)

Monday, February 27 to March 27 - 10am to 11am (Member: \$41.00/Non-Member: \$51.00)

Wednesday, March 1 to March 29 - 10am to 11am (Member: \$41.00/Non-Member: \$51.00)

Friday, March 3 to March 31 - 11:15am to 12:15pm (Member: \$41.00/Non-Member: \$51.00)

## **CARPET BOWLING (DROP-IN)**

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

Wednesday, January 4 to March 29 - 9am to 11am (Member and Non-Member Tokens TBD)

## **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, January 9 to February 13 - 3:30pm to 4:15pm (Member: \$25.00/Non-Member: \$36.00)

Monday, February 27 to March 27 - 3:30pm to 4:15pm (Member: \$21.00/Non-Member: \$30.00)

## 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, January 9 to February 13 - 12:30pm to 1:30pm (Member: \$49.00/Non-Member: \$61.00)

Monday, February 27 to March 27 - 12:30 - 1:30pm (Member: \$41.00/Non-Member: \$51.00)

## 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, January 13 to February 24 - 8:45am to 9:45am (Member: \$58.00/Non-Member: \$72.00)

## 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, January 12 to February 23 - 12:30pm to 1:30pm (Member: \$58.00/Non-Member: \$72.00)

Thursday, March 2 to March 30 - 12:30pm to 1:30pm (Member: \$41.00/Non-Member: \$51.00)

## CHAIR CORE CONDITIONING

Instructor: Richel Jackson

No up and down on the floor. Chairs will be used to assist your core conditioning exercises. This 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, January 12 to February 23 - 1:45pm to 2:45pm (Member: \$58.00/Non-Member: \$72.00)

Thursday, March 2 to March 30 - 1:45pm to 2:45pm (Member: \$41.00/Non-Member: \$51.00)

## 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, January 9 to February 13 - 12:30pm to 1:15pm (Member: \$49.00/Non-Member: \$61.00)

Monday, February 27 to March 27 - 12:30pm to 1:15pm (Member: \$41.00/Non-Member: \$51.00)

## 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, January 13 - 9:00am to 3:30pm (\$40.00)

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

Friday, March 3 - 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, January 10 to February 21 - 8:45am to 9:45am (Member: \$47.00/Non-Member: \$56.00)

Thursday, January 12 to February 23 - 8:45am to 9:45am (Member: \$47.00/Non-Member:\$56.00)

Tuesday, February 28 to March 28 - 8:45am to 9:45am (Member: \$33.00/Non-Member: \$40.00)

Thursday, March 2 to March 30 - 8:45am to 9:45am (Member: \$33.00/Non-Member: \$40.00)

## 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, January 9 to February 13 - 5:45pm to 6:45pm (Member: \$49.00/Non-Member: \$61.00)

Monday, February 27 to March 27 - 5:45pm to 6:45pm (Member: \$41.00/Non-Member: \$51.00)

## 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, January 9 to February 13 - 4:30pm to 5:30pm (Member: \$49.00/Non-Member: \$61.00)

Monday, February 27 to March 27 - 4:30pm to 5:30pm (Member: \$41.00/Non-Member: \$51.00)



## 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, January 10 to January 31 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

Tuesday, February 7 to February 28 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

Tuesday, March 7 to March 28 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

### Intermediate

Let's dance to the next step up! 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, January 9 to January 30 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

Thursday, January 12 to January 26 - 10am to 11am (Member: \$20.00/Non-Member: \$23.00)

Thursday, February 2 to February 23 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

Monday, February 6 to February 27 - 10am to 11am (Member: \$20.00/Non-Member: \$23.00)

Thursday, March 2 to March 30 - 10am to 11am (Member: \$33.00/Non-Member: \$38.00)

Monday, March 6 to March 27 - 10am to 11am (Member: \$26.00/Non-Member: \$30.00)

## 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, January 5 to March 30 - 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. It includes 45 minutes of physical activity and 45 minutes of mentally stimulating activities.

Monday, January 16 to March 13 - 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, January 3 to March 28 - 3:30pm to 5:30pm (Member and Non-Member Tokens TBD)

Friday, January 6 to March 31 - 11:15am to 1:15pm (Member and Non-Member Tokens TBD)

## 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, January 5 to March 30 - 2pm to 4pm (Member and Non-Member Tokens TBD)

## STRETCH & SOFT YOGA & PILATES

Instructor: Pam Chin

This program uses healing yoga and the strength of pilates, 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, January 10 to January 31 - 11:15am to 12:15pm (Member: \$26.00/Non-Member: \$30.00)

Tuesday, January 10 to January 31 - 12:30pm to 1:30pm (Member: \$26.00/Non-Member: \$30.00)

Thursday, January 12 to January 26 - 11:15am to 12:15pm (Member: \$20.00/Non-Member: \$23.00)

Thursday, February 2 to February 23 - 11:15am to 12:15pm (Member: \$26.00/Non-Member: \$30.00)

Tuesday, February 7 to February 28 - 11:15am to 12:15pm (Member: \$26.00/Non-Member: \$30.00)

Tuesday, February 7 to February 28 - 12:30pm to 1:30pm (Member: \$26.00/Non-Member: \$30.00)

Thursday, March 2 to March 30 - 11:15am to 12:15pm (Member: \$33.00/Non-Member: \$38.00)

Tuesday, March 7 to March 28 - 11:15am to 12:15pm (Member: \$26.00/Non-Member: \$30.00)

Tuesday, March 7 to March 28 - 12:30pm to 1:30pm (Member: \$26.00/Non-Member: \$30.00)

## TABLES TENNIS & CORNHOLE (DROP-IN)

Join this fun group for a few games of table tennis and or cornhole! A great way to be active and socialize. Paddles are supplied but you are welcome to bring your own. Cornhole boards and bags are also supplied.

Wednesday, January 4 to March 29 - 4:15pm to 6:15pm (Member and Non-Member Tokens TBD)

## TAI CHI

Instructor: Jim Carrothers

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.

### Beginning/Continuing

Monday, January 9 to January 30 - 8:45am to 9:45am (Member: \$26.00/Non-Member: \$32.00)

Monday, February 6 to February 27 - 8:45am to 9:45am (Member: \$19.00/Non-Member: \$24.00)

Monday, March 6 to March 27 - 8:45am to 9:45am (Member: \$26.00/Non-Member: \$32.00)

### Ongoing

Tuesday, January 10 to January 31 - 6:00pm to 7:00pm (Member : \$26.00/Non-Member: \$32.00)

Tuesday, February 7 to February 28 - 6:00pm to 7:00pm (Member: \$26.00/Non-Member: \$32.00)

Tuesday, March 7 to March 28 - 6:00pm to 7:00pm (Member: \$26.00/Non-Member: \$32.00)

## YOGA FOR BACK PAIN

Instructor: Pam Chin

This is a therapeutic yoga class for anyone suffering from chronic or occasional back pain. This class will help open up tight areas that contribute to back pain, strengthen muscles to support the spine., and calm down the nervous system. In the first class we will discuss participants back problems to the class can be customized. Twenty minutes of restorative yoga included in each class.

Thursday, February 2 to February 23 - 10:00am to 11:00am (Member: \$30.00/Non-Member: \$40.00)



# ARTS & CULTURE

## CARD MAKING

Instructor: Angela Brodhagen

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, January 26 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

Thursday, February 23 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

Thursday, March 30 - 11:15am to 12:15pm (Member: \$13.00/Non-Member: \$15.00)

## DRAWING: THE BASICS

Instructor: Barbara Fisher

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.

Tuesday, January 17 to March 21 - 9:30am to 11:30am (Member: \$115.00/Non-Member: \$133.00)

## FRENCH

Instructor: Diane Lamarche

### Basic

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, January 16 to March 13 - 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, January 16 to March 13 - 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.

Tuesday, January 31 to March 7 - 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, January 18 to March 22 - 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, January 18 to March 22 - 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, January 16 to March 27 - 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, February 7 to March 28 - 5:30pm to 6:45pm (Member:\$130.00/Non-Member: \$150.00)

### Advanced

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

Tuesday, February 7 to March 28 - 3:45pm to 5:15pm (Member:\$130.00/Non-Member: \$150.00)

## 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, January 17 to March 21 - 12:00pm to 2:30pm (Member: \$126.00/ Non-Member: \$145.00)

## HOBBIES & SPECIAL INTERESTS

### 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!

Tuesday, February 7 to February 28 - 11:30am to 1:00pm (Member: \$50.00/Non-Member: \$58.00)

### BEGINNER/INTERMEDIATE BRIDGE LESSONS

Instructor: Rajesh Seth

This course is aimed at beginners and intermediate players. Three books will need to be purchased in addition to the program fee (at roughly \$35 with instructor discount). Each 3 hour session is divided into 45 minute segments. Each segment has 7 minutes of lecture, 33 minutes of playing, and then a 5 minute break.

Friday, March 3 to March 24 - 1:00pm to 4:00pm (Member: \$65.00/Non-Member: \$75.00)

### BEGINNER LATHE WOODWORKING

Students will become comfortable with basic lathe turning, setup, safety, and tool selection. Wood is provided (and included in the fee) for this course and will be used to turn a 'Honey Dipper' out of maple. A great project for new turners in a relaxed environment.

Monday, January 16 to February 6 - 9:00am to 12:00pm (Member: \$39.00/Non-Member: \$45.00)

### BOOK CLUB

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

Friday, January 20 - 11:00am to 12:00pm (Free - Preregistration is required)

Friday, February 17 - 11:00am to 12:00pm (Free - Preregistration is required)

Friday, March 17 - 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, January 6 to March 31 - 1:30pm - 4:00pm (Member and Non-Member Tokens TBD)

## 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, January 9 to March 27 - 1:00pm to 3:30pm (Member and Non-Member Tokens TBD)

## EUCHRE (DROP-IN)

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

Monday, January 9 to March 27 - 4:00pm to 6:30pm (Member and Non-Member Tokens TBD)

## GUITAR LESSONS

Instructor: Dan Caraher

### Beginner

Start to learn the basics of playing a guitar including basic chords, 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, January 11 to March 15 - 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, January 11 to March 15 - 6:15pm to 7:15pm (Member: \$115.00/Non-Member: \$130.00)

## INTARSIA WOODWORKING

Instructor: Jim Belrose

Intarsia is a collection of small wood pieces to create a picture using wood grain, colour, and dimension. You will be using scroll saws and bandsaws. Different beginner patterns are available. Wood is not supplied/included in the fee. The first week of the program will be reviewing techniques, safe use of tools, and picking out a pattern so that after the first class you can go purchase the wood that will match your pattern.

Friday, January 13 to March 3 - 9:00am to 12:00pm (Member: \$70.00/Non-Member: \$80.00)

## 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.

Wednesday, January 18 to February 22 - 11:00am to 12:00pm (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.

Monday, January 9 - 2:00pm to 4:00pm (Member: \$3.00/Non-Member \$6.00)

Monday, January 23 - 2:00pm to 4:00pm (Member: \$3.00/Non-Member \$6.00)

Monday, February 6 - 2:00pm to 4:00pm (Member: \$3.00/Non-Member \$6.00)

Monday, March 6 - 2:00pm to 4:00pm (Member: \$3.00/Non-Member \$6.00)

Monday, March 20 - 2:00pm to 4:00pm (Member: \$3.00/Non-Member \$6.00)

## 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, January 9 to March 27 - 10:00am to 11:00am (Free)

## LEARN BRIDGE IN A DAY

Instructor: Rajesh Seth

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, February 3 - 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, January 11 to February 15 - 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, February 22 to March 29 - 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, January 5 to March 30 - 1:00pm to 4:00pm (Member and Non-Member Tokens TBD)

## **NAME THAT TUNE**

Instructor: Steve Lane

Do you have a favourite song from your first date or wedding? Are you a fan of Rock and Roll, Broadway, or even TV and movie themes? Chances are you will enjoy guessing and re-living this music of our formative years with local pianist Steve Lane. Every session is different, and time is always set aside for requests!

Monday, January 16 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, January 30 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, February 13 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, February 27 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, March 13 - 11:15am to 12:15pm (Member: \$7.00/Non-Member: \$8.00)

Monday, March 27 - 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, January 4 to March 29 - 1:30pm to 4:00pm (Member and Non-Member Tokens TBD)

Friday, January 6 to March 31 - 1:30pm to 4:00pm (Member and Non-Member Tokens TBD)

## **SCRABBLE (DROP-IN)**

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

Thursday, January 5 to March 30 - 10:00am to 12:00pm (Member and Non-Member Tokens TBD)

## **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, January 3 to March 28 - 1:30pm to 4:00pm (Member and Non-Member Tokens TBD)

## **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, January 4 to March 29 - 1:00pm to 3:30pm (Member and Non-Member Tokens TBD)



## 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, January 11 to February 22 - 11:30am to 12:30pm (Member: \$26.00/Non-Member: \$32.00)

Wednesday, March 1 to April 12 - 11:30am to 12:30pm (Member: \$26.00/Non-Member: \$32.00)

## 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, March 7 to April 11 - 1:00pm to 4:00pm (Member: \$62.00/Non-Member: \$72.00)

## ORGANIZED INDOOR SPORTS

### Co-Ed Badminton

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

**Date & Time:** Tuesday's & Thursday's @ 7:30pm-9:30pm

**Location:** Holy Trinity Catholic School

**Cost:** Member: \$29.00/Non-Member: \$33.00

### 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:** Wednesday's @ 7:30pm-9:30pm

**Location:** Rosedale Public School

**Cost:** Member: \$29.00/Non-Member: \$33.00

### 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:** Thursday's @ 7:30pm-9:30pm

**Location:** Errol Road Public School

**Cost:** Member: \$29.00/Non-Member: \$33.00

### Pickleball: Intermediate & Recreational Levels of Play

**Date & Time:** Tuesday's, Wednesday's, Thursday's, & Friday's @ 7:30pm-9:30pm

**Location:** Intermediate: St Matthew Catholic School / Recreational: Errol Road Public School

**Cost:** Member: \$29.00/Non-Member: \$33.00

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

# FACTS & CHAT

The Facts & Chat sessions at the Strangway Community Centre are offered 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** at the Strangway Community Centre.

**WINTER 2023**

## 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 winter session**

**January 11 - Bluewater Power: Your Hometown Utility**

Presented By: Janice McMichael-Dennis - Bluewater Power

**January 18 - Fire Prevention**

Presented By: Mike Otis - Sarnia Fire Rescue Services

**January 25 - Everyone Can Access Home Repairs**

Presented By: David Waters - Habitat for Humanity Handyman

**February 1 - How to Grow Successful Houseplants**

Presented By: Natalie Mielke - Degroot's Nurseries

**February 8 - Canadian Hearing Services**

Presented By: Marli Fearnall - Canadian Hearing Services

**February 15 - Gardening Tips**

Presented By: Tom Hillis - Curb Appeal

**February 22 - Mainlander in Newfoundland**

Presented By: Theresa van Koeverden

**March 1 - Build the Soil**

Presented By: Tom Hillis - Curb Appeal

**March 8 - Superior First Aid: Seniors Workshop**

Presented By: Muriel Schintz - Superior First Aid Services

**March 22 - Healthy Aging and Chronic Disease Prevention**

Presented By: Shawn Master - Master Mobility

**March 29 - On The Path of an Olympian**

Presented By: Theresa van Koeverden