

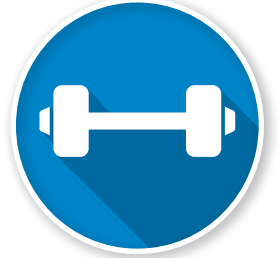


**SARNIA**  
ONTARIO

STRANGWAY  
COMMUNITY  
CENTRE

**Spring-Summer  
program guide**

**2023**



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# Memberships

## 2023 Annual Strangway Membership:

January to December — \$60

## 2023 Annual Hobby Shop Membership:

January to December — \$182

## Drop-in Tokens:

Member Drop-in Tokens — \$3

Non-Member Drop-in Tokens — \$6

# Registration

Registration opens **Wednesday, March 22, 2023**, for the spring and summer sessions of programming. Registration is mandatory for instructor-led programs. Please note that you can register for programs at any point throughout the session.

For more information and to register, please visit our website at:

[www.sarnia.ca/RecRegistration](http://www.sarnia.ca/RecRegistration)

Registration can also be completed by:

- Calling 519-332-0330 ext. 3131 — Monday to Friday, 8:30 a.m. to 4:30 p.m.
- Visiting the Strangway Community Centre — Monday to Friday, 8:30 a.m. to 4:30 p.m.

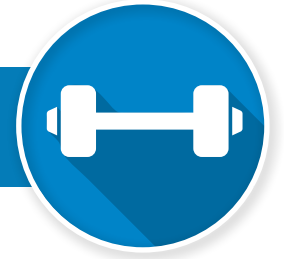
# Closure Dates

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

- Good Friday - Friday, April 7, 2023
- Easter Monday - Monday, April 10, 2023
- Victoria Day - Monday, May 22, 2023
- Canada Day—Monday, July 3, 2023
- Alexander Mackenzie Day—Monday, August 7, 2023

**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.

### Program sessions:

- Wednesdays, 12:30 to 1:15 p.m. — April 5 to May 31 (Member: \$76, Non-Member: \$93)
- Wednesdays, 12:30 to 1:15 p.m. — June 7 to July 26 (Member: \$66, Non-Member: \$82)

## Aging Backwards and Essentrics 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!

### Program sessions:

- Wednesdays, 11:30 a.m. to 12:15 p.m. — June 7 to June 28 (Member: \$32, Non-Member: \$40)

## 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.

### Program Sessions:

- Tuesdays, 2 to 3:30 p.m. — April 11 to April 25 (Member: \$17, Non-Member \$20)
- Tuesdays, 2 to 3:30 p.m. — May 9 to May 23 (Member: \$17, Non-Member \$20)

## 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 Program Sessions:

- Mondays, 11:15 a.m. to 12:15 p.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Wednesdays, 11:15 a.m. to 12:15 p.m. — April 5 to May 31 (Member: \$76, Non-Member: \$93)
- Fridays, 10 to 11 a.m. — April 14 to June 2 (Member: \$66, Non-Member: \$82)
- Mondays, 11:15 a.m. to 12:15 p.m. — June 5 to July 17 (Member: \$49, Non-Member: \$61)
- Wednesdays, 11:15 a.m. to 12:15 p.m. — June 7 to July 19 (Member: \$58, Non-Member: \$72)
- Fridays, 10 to 11 a.m. — June 9 to July 21 (Member: \$58, Non-Member: \$72)
- Mondays, 11:15 a.m. to 12:15 p.m. — July 24 to August 28 (Member: \$41, Non-Member: \$51)
- Wednesdays, 11:15 a.m. to 12:15 p.m. — July 26 to August 30 (Member: \$49, Non-Member: \$61)
- Fridays, 10 to 11 a.m. — July 28 to September 1 (Member: \$49, Non-Member: \$61)

### Intermediate Program Sessions:

- Mondays, 10 to 11 a.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Tuesdays, 12:30 to 1:30 p.m. — April 4 to May 30 (Member: \$76, Non-Member: \$93)
- Wednesdays, 10 to 11 a.m. — April 5 to May 31 (Member: \$76, Non-Member: \$93)
- Fridays, 11:15 a.m. to 12:15 p.m. — April 14 to June 2 (Member: \$66, Non-Member: \$82)
- Mondays, 10 to 11 a.m. — June 5 to July 17 (Member: \$49, Non-Member: \$61)
- Tuesdays, 12:30 to 1:30 p.m. — June 6 to July 18 (Member: \$58, Non-Member: \$72)
- Wednesdays, 10 to 11 a.m. — June 7 to July 19 (Member: \$58, Non-Member: \$72)
- Fridays, 11:15 a.m. to 12:15 p.m. — June 9 to July 21 (Member: \$58, Non-Member: \$72)
- Mondays, 10 to 11 a.m. — July 24 to August 28 (Member: \$41, Non-Member: \$51)
- Tuesdays, 12:30 to 1:30 p.m. — July 25 to August 29 (Member: \$49, Non-Member: \$6)
- Wednesdays, 10 to 11 a.m. — July 26 to August 30 (Member: \$49, Non-Member: \$61)
- Fridays, 11:15 a.m. to 12:15 p.m. — July 28 to September 1 (Member: \$49, Non-Member: \$61)

## Carpet Bowling — Drop-In

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

### Drop-In Dates and Times:

- Wednesdays, 9 to 11 a.m. — April 5 to August 30 (Member Token: \$3, Non-Member Token: \$6)

## 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.

### Program Sessions:

- Mondays, 3:30 to 4:15 p.m. — April 3 to May 29 (Member: \$29, Non-Member: \$42)

## 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.

### Program Sessions:

- Mondays, 12:30 to 1:30 p.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Mondays, 12:30 to 1:30 p.m. — June 5 to July 31 (Member: \$66, Non-Member: \$82)

## 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. This program will be outdoors, weather depending (dress accordingly)!

### Program Sessions:

- Fridays, 8:45 to 9:45 a.m. — April 14 to June 2 (Member: \$66, Non-Member: \$82)

## 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.

### Program Sessions:

- Thursdays, 12:30 to 1:30 p.m. — April 6 to June 1 (Member: \$76, Non-Member: \$93)
- Thursdays, 12:30 to 1:30 p.m. — June 8 to July 20 (Member: \$58, Non-Member: \$72)
- Thursdays, 12:30 to 1:30 p.m. — July 27 to August 31 (Member: \$49, Non-Member: \$61)

## 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.

### Program Sessions:

- Thursdays, 1:45 to 2:45 p.m. — April 6 to June 1 (Member: \$76, Non-Member: \$93)
- Thursdays, 1:45 to 2:45 p.m. — June 8 to July 20 (Member: \$58, Non-Member: \$72)
- Thursdays, 1:45 to 2:45 p.m. — July 27 to August 31 (Member: \$49, Non-Member: \$61)

## 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.

### Program Sessions:

- Mondays, 12:30 to 1:15 p.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Mondays, 12:30 to 1:15 p.m. — June 5 to July 24 (Member: \$58, Non-Member: \$72)

## Flow Yoga

Instructor: Kelly-Lynn Musico

Come join Kelly-Lynn, Registered Physiotherapy and Yoga Instructor for a flow-style yoga class. This class begins with breathwork to help ground us and settle us into the present, then we will warm up our bodies with gentle flow. We will then aim to increase our strength, length, and balance as we flow through more poses. Finally, we will settle in stillness to aim to relax our bodies and minds. This is an all-levels program with options provided throughout, however one must be able to get on and off the floor. Come join us!

### Program Sessions:

- Tuesdays, 11:30 a.m. to 12:30 p.m. — April 4 to May 30 (Member: \$66, Non-Member: \$82)
- Tuesdays, 11:30 a.m. to 12:30 p.m. — June 6 to July 11 (Member: \$49, Non-Member: \$61)
- Tuesdays, 11:30 a.m. to 12:30 p.m. — July 25 to August 29 (Member: \$49, Non-Member: \$61)

## Footcare

Instructor: Julie Coulombe

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.

### Footcare Hours:

- Friday, April 14 - 9 a.m. to 3:30 p.m. (\$40)
- Friday, May 12 - 9 a.m. to 3:30 p.m. (\$40)
- Friday, June 9 - 9 a.m. to 3:30 p.m. (\$40)
- Friday, July 7 - 9 a.m. to 3:30 p.m. (\$40)
- Friday, August 4 - 9 a.m. to 3:30 p.m. (\$40)

## 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.

### Program Sessions:

- Tuesdays, 8:45 to 9:45 a.m. — April 4 to May 30 (Member: \$61, Non-Member: \$72)
- Thursdays, 8:45 to 9:45 a.m. — April 6 to June 1 (Member: \$61, Non-Member: \$72)
- Tuesdays, 8:45 to 9:45 a.m. — June 6 to July 18 (Member: \$47, Non-Member: \$56)
- Thursdays, 8:45 to 9:45 a.m. — June 8 to July 20 (Member: \$47, Non-Member: \$56)
- Tuesdays, 8:45 to 9:45 a.m. — July 25 to August 29 (Member: \$41, Non-Member: \$48)
- Thursdays, 8:45 to 9:45 a.m. — July 27 to August 31 (Member: \$41, Non-Member: \$48)

## 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.

### Program Sessions:

- Mondays, 5:45 to 6:45 p.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Mondays, 5:45 to 6:45 p.m. — June 5 to July 31 (Member: \$66, Non-Member: \$82)



## Golf Lessons

Instructor: John Blackwell

Learn the basics of golf in a fun and informal atmosphere. The classes will cover the 5 basic fundamentals of golf; the swing (start to finish), chipping, pitching, and putting techniques. Please bring a driver, 7 iron, and pitching wedge to the first class.

### Program Sessions:

- Wednesdays, 6:30 to 7:30 p.m. — April 5 to May 10 (Member: \$75, Non-Member: \$85)
- Wednesdays, 6:30 to 7:30 p.m. — May 24 to June 28 (Member: \$75, Non-Member: \$85)

## 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.

### Program Sessions:

- Mondays, 4:30 to 5:30 p.m. — April 3 to May 29 (Member: \$58, Non-Member: \$72)
- Mondays, 4:30 to 5:30 p.m. — June 5 to July 31 (Member: \$66, Non-Member: \$82)

## Line Dancing

### True Beginner Lessons

Instructor: Diane Gorton

Looking to line dance, but you have never done it before? Then this is the program for you! No partner required. Let Diane teach you easy basic dance steps. Including Cha Cha, Rumba, Salsa, Waltz, Jive and many more fun routines all danced to your favourite tunes.

### Program Sessions:

- Thursdays, 11:30 a.m. to 12:30 p.m. — April 6 to May 11 (Member: \$38, Non-Member: \$45)

### Beginner-Improver

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.

### Program Sessions:

- Tuesdays, 10 a.m. to 11 a.m. — April 4 to April 25 (Member: \$26, Non-Member: \$30)
- Tuesdays, 10 a.m. to 11 a.m. — May 2 to May 30 (Member: \$33, Non-Member: \$38)
- Tuesdays, 10 a.m. to 11 a.m. — June 6 to June 27 (Member: \$26, Non-Member: \$30)
- Tuesdays, 10 a.m. to 11 a.m. — July 4 to July 25 (Member: \$26, Non-Member: \$30)

## 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.

### Program Sessions:

- Mondays, 10 to 11 a.m. — April 3 to April 24 (Member: \$20, Non-Member: \$23)
- Thursdays, 10 to 11 a.m. — April 6 to April 27 (Member: \$26, Non-Member: \$30)
- Mondays, 10 to 11 a.m. — May 1 to May 29 (Member: \$26, Non-Member: \$30)
- Thursdays, 10 to 11 a.m. — May 4 to May 25 (Member: \$26, Non-Member: \$30)
- Mondays, 10 to 11 a.m. — June 5 to June 26 (Member: \$26, Non-Member: \$30)
- Mondays, 10 to 11 a.m. — July 10 to July 31 (Member: \$26, Non-Member: \$30)

## Meditation 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. When the weather is nice, we will set up a tent outside to shade you from the sun or the rain.

### Drop-In Dates and Times:

- Thursdays, 10 to 11 a.m. — April 6 to September 14 (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.

### Program Sessions:

- Mondays, 1:30 to 3:15 p.m. — April 24 to June 19 (Standard Charge: \$10)

## Recreational Pickleball — 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.

### Drop-In Dates and Times:

- Tuesdays, 3:30 to 5:30 p.m. — April 4 to August 29 (Member Token: \$3, Non-Member Token: \$6)
- Fridays, 11:15 a.m. to 1:15 p.m. — April 7 to September 1 (Member Token: \$3, Non-Member Token: \$6)

## Reflexology

Instructor: Shelly Nelson

Reflexology is a natural non-invasive focused pressure technique usually done on the feet or hands. The benefits of reflexology are deep relaxation and removal of stress, enhanced circulation, the return of the body to a rest and digest state and it is complementary with all other healing modalities. For foot reflexology, you remove socks and sit in a sturdy zero-gravity chair. For hand reflexology you will sit in a chair and unscented massage oil will be applied to your hands. The sessions are 30-45 minutes long. Contact the Centre to register: 519 332 0656.

### Reflexology Hours:

- Friday, April 28 — 9 a.m. to 3:30 p.m.(\$40)
- Friday, May 26 — 9 a.m. to 3:30 p.m.(\$40)
- Friday, June 30 — 9 a.m. to 3:30 p.m.(\$40)
- Friday, July 28 — 9 a.m. to 3:30 p.m.(\$40)
- Friday, August 25 — 9 a.m. to 3:30 p.m.(\$40)

## Self-Care Yoga for Stress Relief

Instructor: Anna Buchanan

This gentle and accessible program offers movement, meditation, and science-backed techniques to release stress and build resilience. This yoga is a gift of 'TLC' for those who overlook their self-care, those who are burnt-out and caregivers alike.

### Program Sessions:

- Fridays, 1 to 2 p.m. — April 21 to June 2 (Member: \$58, Non-Member: \$72)
- Fridays, 1 to 2 p.m. — June 9 to July 28 (Member: \$66, Non-Member: \$82)

## 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.

### Drop-In Dates and Times:

- Thursdays, 2 to 4 p.m. — April 6 to August 31 (Member Token: \$3, Non-Member Token: \$6)

## Stretch, Balance and Walk with Nordic Poles

Instructor: Kelly-Lynn Musico

Come join Kelly-Lynn Musico, Registered Physiotherapist to learn the correct technique for Nordic Pole walking. We will start with a warm-up using our poles to assist our stretches and balance activities. Then we will head out for our walk with the hopes to gain the huge benefits of Nordic Pole walking.

### Program Sessions:

- Thursdays, 11:30 a.m. to 12:30 p.m. — April 6 to April 20 (Member: \$22, Non-Member: \$30)
- Thursdays, 11:30 a.m. to 12:30 p.m. — May 4 to May 25 (Member: \$31, Non-Member: \$40)
- Thursdays, 11:30 a.m. to 12:30 p.m. — June 1 to June 22 (Member: \$31, Non-Member: \$40)

## Stretch & Soft Yoga and 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.

### Program Sessions:

- Tuesdays, 11:15 a.m. to 12:15 p.m. — April 4 to April 25 (Member: \$26, Non-Member: \$30)
- Thursdays, 11:15 a.m. to 12:15 p.m. — April 6 to April 27 (Member: \$26, Non-Member: \$30)
- Tuesdays, 11:15 a.m. to 12:15 p.m. — May 2 to May 30 (Member: \$33, Non-Member: \$38)
- Thursdays, 11:15 a.m. to 12:15 p.m. — May 4 to May 25 (Member: \$26, Non-Member: \$30)
- Thursdays, 11:15 a.m. to 12:15 p.m. — June 1 to June 29 (Member: \$30, Non-Member: \$38)
- Thursdays, 11:15 a.m. to 12:15 p.m. — July 6 to July 27 (Member: \$26, Non-Member: \$30)
- Thursdays, 11:15 a.m. to 12:15 p.m. — August 3 to August 31 (Member: \$33, Non-Member: \$38)

## Table Tennis and 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.

### Drop-In Dates and Times:

- Wednesdays, 4:15 to 6:15 p.m. — April 5 to August 30 (Member Token: \$3, Non-Member Token: \$6)

## 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 Sessions:

- Mondays, 8:45 to 9:45 a.m. — April 3 to April 24 (Member: \$19, Non-Member: \$24)
- Mondays, 8:45 to 9:45 a.m. — May 1 to May 29 (Member: \$26, Non-Member: \$32)
- Mondays, 8:45 to 9:45 a.m. — June 5 to June 26 (Member: \$26, Non-Member: \$32)
- Mondays, 8:45 to 9:45 a.m. — July 10 to July 31 (Member: \$26, Non-Member: \$32)
- Mondays, 8:45 to 9:45 a.m. — August 14 to August 28 (Member: \$19, Non-Member: \$24)

### Ongoing Sessions:

- Tuesdays, 6 to 7 p.m. — April 4 to April 25 (Member : \$26, Non-Member: \$32)
- Tuesdays, 6 to 7 p.m. — May 2 to May 30 (Member: \$33, Non-Member: \$40)
- Mondays, 3:30 to 4:15 p.m. — June 5 to June 26 (Member: \$26, Non-Member: \$32)
- Mondays, 3:15 p.m. to 4:15 p.m. — July 10 July 31 (Member: \$26, Non-Member: \$32)
- Mondays, 3:15 to 4:15 p.m. — August 14 to August 28 (Member: \$19, Non-Member: \$24)

## 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.

### Program Sessions:

- Thursdays, 10 to 11 a.m. — April 6 to April 27 (Member: \$30, Non-Member: \$40)
- Thursdays, 10 to 11 a.m. — June 8 to June 29 (Member: \$30, Non-Member: \$40)

# 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.

### Program Sessions:

- Thursdays, 11:15 a.m. to 12:15 p.m. — April 27 (Member: \$13, Non-Member: \$15)
- Thursdays, 11:15 a.m. to 12:15 p.m. — May 25 (Member: \$13, Non-Member: \$15)
- Thursdays, 11:15 a.m. to 12:15 p.m. — June 22 (Member: \$13, Non-Member: \$15)

## 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.

### Program Sessions:

- Tuesdays, 9:30 to 11:30 a.m. — April 4 to June 6 (Member: \$115, Non-Member: \$133)

## 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.

### Program Sessions:

- Mondays, 3:45 to 5:15 p.m. — April 3 to June 5 (Member: \$87, Non-Member: \$100)
- Wednesdays, 3:45 to 5:15 p.m. — July 5 to August 23 (Member: \$87, Non-Member: \$100)

## 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.

### Program Sessions:

- Mondays, 5:30 to 7 p.m. — April 3 to June 5 (Member: \$87, Non-Member: \$100)
- Wednesdays, 5:30 to 7 p.m. — July 5 to August 23 (Member: \$87, Non-Member: \$100)

## Intermediate Leather Carving

Instructor: Allen Williams

Take your leather carving to the next level. Participants will choose from creating a billfold or clutch and learn how to carve the exterior, build the interior and lace it together. Fee includes all materials.

### Program Sessions:

- Tuesdays, 9:30 to 11:30 a.m. — April 4 to May 9 (Member: \$152, Non-Member: \$175)

## 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!

### Program Sessions:

- Wednesdays, 3:45 to 5:15 p.m. — April 5 to June 7 (Member: \$103, Non-Member: \$120)

### Conversational

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

### Program Sessions:

- Wednesdays, 5:30 to 7 p.m. — April 5 to June 7 (Member: \$103, Non-Member: \$120)

## 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.

**Please bring your own supplies and project to the first class.**

### Program Sessions:

- Mondays, 11:30 a.m. to 2:30 p.m. — April 3 to June 19 (Member: \$138, Non-Member: \$158)

## 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.

#### Program Sessions:

- Tuesdays, 5:30 to 6:45 p.m. — April 4 to May 23 (Member: \$130, Non-Member: \$150)
- Tuesdays, 5:30 to 6:45 p.m. — June 13 to August 1 (Member: \$130, Non-Member: \$150)

### Advanced

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

#### Program Sessions:

- Tuesdays, 3:45 to 5:15 p.m. — April 4 to May 23 (Member: \$130, Non-Member: \$150)
- Tuesdays, 3:45 to 5:15 p.m. — June 13 to August 1 (Member: \$130, Non-Member: \$150)

## Watercolour: 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.

#### Program Sessions:

- Tuesdays, noon to 2:30 p.m. — April 4 to June 6 (Member: \$126, Non-Member: \$145)



# Hobbies & Special Interest



## Advanced Bridge Lessons

Instructor: Rajesh Seth

This course will prepare players to compete more effectively at the club level and higher level tournaments. Each day will have time dedicated to a lecture, some playing time, and a five-minute break.

### Program Sessions:

- Fridays, 1 to 3 p.m. — April 21 to May 26 (Member: \$65, Non-Member: \$75)

## 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!

### Program Sessions:

- Tuesdays, 11:30 a.m. to 1 p.m. — April 4 to April 25 (Member: \$50, Non-Member: \$58)
- Tuesdays, 11:30 a.m. to 1 p.m. — June 6 to June 27 (Member: \$50, Non-Member: \$58)
- Tuesdays, 11:30 a.m. to 1 p.m. — August 1 to August 22 (Member: \$50, Non-Member: \$58)

## Billiards — Drop-in

There are a variety of billiard games to play! Come check out our table and newly renovated room! It is open Monday through Friday between 9 a.m. to 4 p.m., no reservation required.

### Drop-In Dates and Times:

- Mondays to Fridays, 9 a.m. to 4 p.m. (Member Token: \$3, Non-Member Token: \$6)

## Book Club

Join us to discuss a new book each month. Books are borrowed from the library's book club program. **Book Club is free, pre-registration required.**

### Book Club Dates and Times:

- Friday, April 21 — 11 a.m. to noon
- Friday, May 19 — 11 a.m. to noon
- Friday, June 16 — 11 a.m. to noon
- Friday, July 21 — 11 a.m. to noon
- Friday, August 18 — 11 a.m. to noon

## Chess — Drop-In

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

### Drop-In Dates and Times:

- Fridays, 1:30 to 4 p.m. — April 7 to September 1 (Member Token: \$3, Non-Member Token: \$6)

## 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.

### Drop-In Dates and Times:

- Mondays, 1 to 3:30 p.m. — April 3 to August 28 (Member Token: \$3, Non-Member Token: \$6)

## Euchre — Drop-In

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

### Drop-In Dates and Times:

- Mondays, 4 to 6:30 p.m. — April 3 to August 28 (Member Token: \$3, Non-Member Token: \$6)

## 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!

### Program Sessions:

- Wednesdays, 5 to 6 p.m. — April 5 to June 7 (Member: \$115, Non-Member: \$130)
- Wednesdays, 5 to 6 p.m. — June 28 to August 30 (Member: \$115, Non-Member: \$130)

### 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.

### Program Sessions:

- Wednesdays, 6:15 to 7:15 p.m. — April 5 to June 7 (Member: \$115, Non-Member: \$130)
- Wednesdays, 6:15 to 7:15 p.m. — June 28 to August 30 (Member: \$115, Non-Member: \$130)

## 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.

### Program Sessions:

- Wednesdays, 11:15 a.m. to 12:15 p.m. — April 5 to May 24 (Member: \$85, Non-Member: \$99)

## 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.

### Jam Session Dates and Times:

- Monday, April 3 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, April 17 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, May 1 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, May 15 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, May 29 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, June 12 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, June 26 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, July 10 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, July 24 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)
- Monday, August 21 — 2 to 4 p.m. (Member: \$3, Non-Member \$6)

## Knit and 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.

### Drop-In Dates and Times:

- Mondays, 10 to 11 a.m. — April 3 to August 28 (Free)

## 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.

#### Program Sessions:

- Wednesdays, 1:30 to 3:30 p.m. — April 12 to May 17 (Member: \$63, Non-Member: \$72)
- Wednesdays, 4 to 6 p.m. — July 26 to August 30 (Member: \$63, Non-Member: \$72)

### Intermediate

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

#### Program Sessions:

- Wednesdays, 4 to 6 p.m. — June 7 to July 12 (Member: \$63, Non-Member: \$72)

## 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.

#### Drop-In Dates and Times:

- Thursdays, 1 to 4 p.m. — April 6 to August 31 (Member Token: \$3, Non-Member Token: \$6)

## 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! **Member: \$7, Non-Member: \$8**

#### Name that Tune Dates and Times:

- Monday, April 24 - 11:15 a.m. to 12:15 p.m.
- Monday, May 8 - 11:15 a.m. to 12:15 p.m.
- Monday, June 5 - 11:15 a.m. to 12:15 p.m.
- Monday, June 19 - 11:15 a.m. to 12:15 p.m.
- Monday, July 17 - 11:15 a.m. to 12:15 p.m.
- Monday, July 31 - 11:15 a.m. to 12:15 p.m.
- Monday, August 14 - 11:15 a.m. to 12:15 p.m.
- Monday, August 28 - 11:15 a.m. to 12:15 p.m.

## Pepper — Drop-In

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

### Drop-In Dates and Times:

- Wednesdays, 1:30 to 4 p.m. — April 5 to August 30 (Member Token: \$3, Non-Member Token: \$6)
- Fridays, 1:30 to 4 p.m. — April 7 to September 1 (Member Token: \$3, Non-Member Token: \$6)

## 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.

### Program Sessions:

- Fridays, 3 to 4 p.m. — April 28 to June 2 (Member: \$113, Non-Member: \$130)
- Fridays, 3 to 4 p.m. — June 16 to July 21 (Member: \$113, Non-Member: \$130)

## Scrabble — Drop-In

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

### Drop-In Dates and Times:

- Thursdays, 10 a.m. to noon — April 6 to August 31 (Member Token: \$3, Non-Member Token: \$6)

## 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.

### Drop-In Dates and Times:

- Tuesdays, 1:30 to 4:30 p.m. — April 4 to August 29 (Member Token: \$3, Non-Member Token: \$6)

## 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.)

### Drop-In Dates and Times:

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- Wednesdays, 1 to 3:30 p.m. — April 5 to June 28 (Member Token: \$3, Non-Member Token: \$6)

## Woodworking Hobby Shop — Drop-In

When there are no Hobby Shop programs running, it operates with a drop-in token system. A supervisor is always on duty.

Tokens: \$7.50 for half day and \$12.75 for a full day

Annual 2023 Membership for unlimited use: \$182.00

### Drop-In Dates and Times:

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- Monday to Friday, 9 a.m. to noon and 1 p.m. to 4 p.m.

# Organized Outdoor Sports



## Pickleball: Open Recreational

Session Date & Time: Wednesdays, 10:30 a.m. to 12:30 p.m.

Session Date & Time: Saturdays, 8:30 a.m. to 10:30 a.m.

Location: Blackwell

Cost: Member: \$30, Non-Member: \$35 per session

## Pickleball: Open Recreational

Session Date & Time: Tuesdays, 5:30 p.m. to 7:30 p.m.

Location: Germain

Cost: Member: \$28, Non-Member: \$32

## Pickleball: Open Recreational

Session Date & Time: Wednesdays, 8:30 a.m. to 10:30 a.m.

Session Date & Time: Fridays, 8:30 a.m. to 10:30 a.m.

Location: Cathcart

Cost: Member: \$30, Non-Member: \$35 per session

## Pickleball: Intermediate Recreational

Session Date & Time: Mondays, 8:30 a.m. to 10:30 a.m.

Session Date & Time: Mondays, 10:30 a.m. to 12:30 p.m.

Session Date & Time: Wednesdays, 8:30 a.m. to 10:30 p.m.

Session Date & Time: Fridays, 8:30 a.m. to 10:30 a.m.

Session Date & Time: Fridays, 10:30 a.m. to 12:30 p.m.

Location: Blackwell

Cost: Varies per session (due to Holidays)

## Pickleball: Intermediate Recreational

Session Date & Time: Thursdays, 5:30 p.m. to 7:30 p.m.

Location: Germain

Cost: Member: \$28, Non-Member: \$32

## Pickleball: Intermediate Recreational

Session Date & Time: Mondays, 8:30 a.m. to 10:30 a.m.

Location: Cathcart

Cost: Member: \$30, Non-Member: \$35

## Adult Recreational Tennis

Date & Time: Monday through Friday from 8 a.m. to noon

Location: Germain

Cost: Standard Charge: \$35

## Men's Recreational Two-Pitch (55+)

Date & Time: Tuesdays, 9:30 a.m. to 1 p.m.

Location: Clearwater Diamond 1 and 2

Cost: Standard Charge: \$15

## Men's Recreational Two-Pitch (60+)

Date & Time: Thursdays, 9:15 a.m. to 11:45 a.m.

Location: Clearwater Diamond 1

Cost: Standard Charge: \$15

## Men's Recreational Slo-Pitch for Boomers (55+)

Date & Time: Thursdays, 9:30 a.m. to 11:30 a.m.

Location: Clearwater Diamond 2

Cost: Standard Charge: \$15

## Walking Soccer for Adults (50+ & Co-ed)

Date & Time: Tuesdays, 9:30 a.m. to 11:30 a.m.

Location: Norm Perry Turf Field

Cost: Standard Charge: \$25

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

**For more information call 519-332-0656**

**or visit [www.sarnia.ca/RecRegistration](http://www.sarnia.ca/RecRegistration).**



# Facts and Chat



The Facts and 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 and Chat sessions, pre—registration is required for each individual presentation.

Facts and Chat takes place each Wednesday from 10 a.m. to 11 a.m. at the Strangway Community Centre.

## Facts and Chat Schedule

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

- **April 5 — Superior First Aid: Seniors Workshop** presented by Muriel Schintz, Superior First Aid Services
- **April 26 — Seniors Fostering Seniors Vet Program** presented by Donna Pyette, Sarnia District Humane Society
- **May 3 — Climate Change Explained** presented by Kelly Moir, Sarnia Sustainability Ambassadors
- **May 10 — Sarnia Community Foundation**, presented by Mike Barron, Sarnia Community Foundation
- **May 17 — Normal Memory Loss vs Dementia** presented by Christine Wright, Sarnia Alzheimer Society
- **May 24 — Goodwill Services** presented by Rylee Crowe, Goodwill
- **May 31 — Everyone Can Access Home Repairs** presented by David Water, Habitat for Humanity Handyman



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