



SARNIA
ONTARIO

CITY OF SARNIA

2024

**Spring - Summer
Recreation Guide**



Contents

Memberships.....	3
Registration.....	3
Closure Dates.....	3
Drop-in Programs.....	4
Fitness & Wellness	8
Organized Sports	19
Arts & Culture	23
Hobbies & Special Interest.....	27
Day Trips.....	30
City Events	32

All activities, dates, times, and costs are subject to change.

For more information call 519-332-0656 or visit www.sarnia.ca/RecRegistration.

Memberships

Memberships open to residents aged 50 and over.

2024 Annual Strangway Membership:

January to December — \$64

2024 Annual Hobby Shop Membership:

January to December — \$193

Drop-in Tokens:

Member Drop-in Tokens — \$3.25

Non-Member Drop-in Tokens — \$6.25

Registration

Registration opens **Tuesday, March 19, 2024**, for the spring and summer sessions of programming. Registration is required for instructor-led programs. Please note that you can register for programs at any point throughout the session. Strangway Centre programs are open to adults aged 20 and over.

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

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:

- Easter Monday - Monday, April 1, 2024
- Victoria Day - Monday, May 20, 2024
- Canada Day - Monday, July 1, 2024
- Civic Holiday - Monday, August 5, 2024
- Labour Day - Monday, September 2, 2024

Programming costs reflect holiday closures

Drop-in Programs



Drop-in programs are available on reoccurring days and times throughout the programming session, with no pre-registration required. Drop-in programs do not run on the dates of holiday closures. Consult the schedule and program descriptions below for more information, including prices.

Drop-in Program Schedule: April 2 to August 30

Monday	Tuesday	Wednesday	Thursday	Friday
Billiards 9 a.m. to 4 p.m. Hobby Shop 9 a.m. to noon; 1 to 4 p.m.	Billiards 9 a.m. to 4 p.m. Hobby Shop 9 a.m. to noon; 1 to 4 p.m.	Billiards 9 a.m. to 4 p.m. Hobby Shop 9 a.m. to noon; 1 to 4 p.m.	Billiards 9 a.m. to 4 p.m. Hobby Shop 9 a.m. to noon; 1 to 4 p.m.	Billiards 9 a.m. to 4 p.m. Hobby Shop 9 a.m. to noon; 1 to 4 p.m.
Knit and Chat 10 a.m. to noon	Social Bridge 1 to 4 p.m.	Carpet Bowling 9 to 11 a.m.	Meditation with Richard 10 to 11 a.m.	Recreational Pickleball 11:15 a.m. to 1:15 p.m.
Jam Session 2 to 4 p.m. SELECT DATES ONLY	Euchre 2 to 4:15 p.m.	Community Connect 10 a.m. to noon	Mahjong 1 to 4 p.m.	Chess 1:30 to 4 p.m. Pepper 1:30 to 4 p.m.
		Cribbage Noon to 2:30 p.m. Scrabble Noon to 2:30 p.m.	Shuffleboard 2 to 4 p.m. Cornhole 2 to 4 p.m. Table Tennis 2 to 4 p.m.	
		SUES 1 to 3:30 p.m.		
		Pepper 1:30 to 4 p.m.		

Billiards

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

Member Token: \$3.25, Non-Member Token: \$6.25

Carpet Bowling

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

Member Token: \$3.25, Non-Member Token: \$6.25

Chess

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

Member Token: \$3.25, Non-Member Token: \$6.25

Community Connect

Join us in a warm and inviting atmosphere where you can engage in meaningful conversations with fellow community members. Discuss the latest news stories, foster connections, and share memories. Feel free to bring your own drink and snack for this informal social time.

Free

Cornhole

Join this fun group for a few games of cornhole! A great way to be active and socialize. Cornhole boards and bags are supplied. Weather dependent, as this program will be outdoors on the concrete pad for the spring and summer.

Member Token: \$3.25, Non-Member Token: \$6.25

Cribbage

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.

Member Token: \$3.25, Non-Member Token: \$6.25

Euchre

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

Member Token: \$3.25, Non-Member Token: \$6.25

Hobby Shop — Woodworking

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

Please note that for July and August the Hobby Shop will be closed for the afternoon shift.

Passes: \$8 for half day and \$13.50 for a full day

Annual 2024 Membership for unlimited use: \$193

Jam Session – Drop-In

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 only occurs on select Mondays. Jam session dates: April 8, April 22, May 6, June 3, June 17, July 15, July 29, Aug. 12 and Aug. 26.

Member Token: \$3.25, Non-Member Token: \$6.25

Knit and Chat

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

Free

Mahjong

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. Filipino-style Mahjong.

Member Token: \$3.25, Non-Member Token: \$6.25

Meditation with Richard

Instructor: Richard Maxwell

Learn to meditate like a Buddhist monk. The meditation known as Zazen has been proven to reduce stress and lower your blood pressure. Six weeks of this meditation will teach you to quiet your mind and establish a practice that can enhance your life experience. No previous experience is necessary. You will be guided by a Zen Buddhist monk. In June we move out into the meditation garden at the entrance of Germain Park for the summer months.

By donation

Pepper

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

Member Token: \$3.25, Non-Member Token: \$6.25

Recreational Pickleball

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.

Member Token: \$3.25, Non-Member Token: \$6.25

Table Tennis

Join this fun group for a few games of table tennis! A great way to be active and socialize. Paddles are supplied but you are welcome to bring your own. Weather dependent, as this program will be outdoors on the concrete pad for the spring and summer.

Member Token: \$3.25, Non-Member Token: \$6.25

Scrabble

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

Member Token: \$3.25, Non-Member Token: \$6.25

Social Bridge

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

Member Token: \$3.25, Non-Member Token: \$6.25

SUES: Strangway Ukulele Ensemble

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 in the Fall/Winter.

Member Token: \$3.25, Non-Member Token: \$6.25

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 8 to May 13 (Member: \$49, Non-Member: \$61)
Total sessions: 6 Exclusion dates: None
- Wednesdays, 11:15 a.m. to 12:15 p.m. — April 3 to May 15 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 8:45 to 9:45 a.m. — April 5 to May 17 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Mondays, 11:15 a.m. to 12:15 p.m. — May 27 to June 24 (Member: \$41, Non-Member: \$51)
Total sessions: 5 Exclusion dates: None
- Wednesdays, 11:15 a.m. to 12:15 p.m. — May 22 to July 3 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 8:45 to 9:45 a.m. — May 24 to July 5 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Mondays, 11:15 a.m. to 12:15 p.m. — July 8 to August 26 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: August 5
- Wednesdays, 11:15 a.m. to 12:15 p.m. — July 10 to August 28 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None
- Fridays, 8:45 to 9:45 a.m. — July 12 to August 30 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None

Intermediate Program Sessions:

- Mondays, 10 to 11 a.m. — April 8 to May 13 (Member: \$49, Non-Member: \$61)
Total sessions: 6 Exclusion dates: None
- Wednesdays, 10 to 11 a.m. — April 3 to May 15 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 10 to 11 a.m. — April 5 to May 17 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 11:15 a.m. to 12:15 p.m. — April 5 to May 17 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Mondays, 10 to 11 a.m. — May 27 to June 24 (Member: \$41, Non-Member: \$51)
Total sessions: 5 Exclusion dates: None
- Wednesdays, 10 to 11 a.m. — May 22 to July 3 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 10 to 11 a.m. — May 24 to July 5 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Fridays, 11:15 a.m. to 12:15 p.m. — May 24 to July 5 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Mondays, 10 to 11 a.m. — July 8 to August 26 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: Aug. 5

- Wednesdays, 10 to 11 a.m. — July 10 to August 28 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None
- Fridays, 10 to 11 a.m. — July 12 to August 30 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None
- Fridays, 11:15 a.m. to 12:15 p.m. – July 12 to August 30 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None

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 8 to May 27 (Member: \$29, Non-Member: \$42)
Total sessions: 7 Exclusion dates: May 20

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 8 to June 3 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: May 20
- Mondays, 12:30 to 1:30 p.m. — June 10 to August 26 (Member: \$76, Non-Member: \$93)
Total sessions: 9 Exclusion dates: July 1, 29 and Aug. 5

Chair Core Conditioning

Instructor: Richel Jackson

No up and down on the floor. Chairs will be used to assist with 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 4 to May 16 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Thursdays, 1:45 to 2:45 p.m. — May 23 to July 4 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None

- Thursdays, 1:45 to 2:45 p.m. — July 11 to August 29 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None

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:

- Tuesdays, 12:30 to 1:30 p.m. — April 2 to May 14 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Thursdays, 12:30 to 1:30 p.m. — April 4 to May 16 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Tuesdays, 12:30 to 1:30 p.m. — May 21 to July 2 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Thursdays, 12:30 to 1:30 p.m. — May 23 to July 4 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None
- Tuesdays, 12:30 to 1:30 p.m. — July 9 to August 27 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None
- Thursdays, 12:30 to 1:30 p.m. — July 11 to August 29 (Member: \$66, Non-Member: \$82)
Total sessions: 8 Exclusion dates: None

Dynamic Pilates

Instructor: Anna Buchanan

A fun way to get results fast! This class combines fluid standing and floor stretches as well as mat work for strengthening the core. We will add fun into the mix with the use of a ball and stretch band to deliver targeted, full-body results. The gentle and accessible stretch sequences will leave your body feeling supple and moving more freely.

Program Sessions:

- Tuesdays, 1:45 to 2:45 p.m. — June 4 to July 16 (Member: \$58, Non-Member: \$72)
Total sessions: 7 Exclusion dates: None

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. It improves flexibility and range of motion, strengthens and tones the muscles, and reduces joint pain. This class is non-impact and suitable for all abilities. 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 8 to May 27 (Member: \$58, Non-Member: \$72)
 Total sessions: 7 Exclusion dates: May 20
- Mondays, 12:30 to 1:15 p.m. — June 3 to July 15 (Member: \$49, Non-Member: \$61)
 Total sessions: 6 Exclusion dates: July 1

FitFusion

Instructor: Richel Jackson

FitFusion is a comprehensive exercise class that focuses on providing adults with a well-rounded fitness experience. It incorporates exercise, flexibility, weight training, cardio, and nutrition to help participants achieve their health and fitness goals. The exercise component includes a combination of endurance-building cardio exercises, strength training exercises to improve muscle tone and strength, and flexibility exercises to enhance mobility and range of motion. This program also puts an emphasis on nutrition. You will gain valuable knowledge about healthy eating habits and the importance of a balanced diet. Participants are encouraged to set personal health goals and work towards them on a weekly basis. By adopting this comprehensive approach to full body health, participants can improve their overall well-being, enhance their fitness levels, and have the opportunity to lead a healthier, more active lifestyle.

Program Sessions:.....

- Mondays, 8:45 to 9:45 a.m. — April 8 to May 13 (Member: \$49, Non-Member: \$61)
 Total sessions: 6 Exclusion dates: None
- Wednesdays, 8:45 to 9:45 a.m. — April 3 to May 15 (Member: \$58, Non-Member: \$72)
 Total sessions: 7 Exclusion dates: None
- Mondays, 8:45 to 9:45 a.m. — May 27 to June 24 (Member: \$41, Non-Member: \$51)
 Total sessions: 5 Exclusion dates: None
- Wednesdays, 8:45 to 9:45 a.m. — May 22 to July 3 (Member: \$58, Non-Member: \$72)
 Total sessions: 7 Exclusion dates: None
- Mondays, 8:45 to 9:45 a.m. — July 8 to August 26 (Member: \$58, Non-Member: \$72)
 Total sessions: 7 Exclusion dates: August 5
- Wednesdays, 8:45 to 9:45 a.m. — July 10 to August 28 (Member: \$66, Non-Member: \$82)
 Total sessions: 8 Exclusion dates: None

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 2 to May 14 (Member: \$58, Non-Member: \$72) Total sessions: 7 Exclusion dates: None
- Tuesdays, 11:30 a.m. to 12:30 p.m. — May 21 to June 25 (Member: \$49, Non-Member: \$61) Total sessions: 6 Exclusion dates: None

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. Treat your feet with the care they deserve! Contact the Centre to register for your 30-minute appointment: 519-332-0656.

Footcare Hours:

- Friday, April 5 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, April 19 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, May 3 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, May 17 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, May 31 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, June 14 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, June 28 — 9 a.m. to 11:30 a.m. (\$40)
- Friday, July 12 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, July 26 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, August 9 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, August 23 — 9 a.m. to 3:30 p.m. (\$40)

Functional Fitness

Instructor: Shawn Master

Functional Fitness Group Exercise Class focuses on cardio, strength, balance, and stretching; to help improve activities of daily living. Shawn Master, Registered Kinesiologist, is the class instructor, and will help participants achieve their fitness goals by providing exercises based on individual fitness levels. All are welcome!

Program Sessions:

- Thursdays, 11:15 a.m. to 12:15 p.m. — April 4 to May 16 (Member: \$58, Non-Member: \$72) Total sessions: 7 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — May 23 to July 4 (Member: \$58, Non-Member: \$72) Total sessions: 7 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — July 11 to August 29 (Member: \$66, Non-Member: \$82) Total sessions: 8 Exclusion dates: None

FunFit

Instructor: Carol Burkhart

Participants of FunFit will have a fun and rhythmic exercise hour using weights, resistance bands and body weight. All exercises can be modified for individual ability so that all participants can succeed. The objective is to provide a well-rounded exercise program that encompasses a head-to-toe workout. A focus will be put on muscle strength, muscle endurance, cardiovascular endurance, coordination, balance/core, and flexibility. Bring your running shoes, a mat, and a water bottle.

Program Sessions:

- Tuesdays, 8:45 to 9:45 a.m. — April 2 to May 14 (Member: \$47, Non-Member: \$56)
Total sessions: 7 Exclusion dates: None
- Thursdays, 8:45 to 9:45 a.m. — April 4 to May 16 (Member: \$47, Non-Member: \$56)
Total sessions: 7 Exclusion dates: None
- Tuesdays, 8:45 to 9:45 a.m. — May 21 to July 2 (Member: \$47, Non-Member: \$56)
Total sessions: 7 Exclusion dates: None
- Thursdays, 8:45 to 9:45 a.m. — May 23 to July 4 (Member: \$47, Non-Member: \$56)
Total sessions: 7 Exclusion dates: None
- Tuesdays, 8:45 to 9:45 a.m. — July 9 to August 27 (Member: \$54, Non-Member: \$64)
Total sessions: 8 Exclusion dates: None
- Thursdays, 8:45 to 9:45 a.m. — July 11 to August 29 (Member: \$54, Non-Member: \$64)
Total sessions: 8 Exclusion dates: None

Latin Groovz

Instructor: Michelle Mitchell

Come enjoy Tropical Dance and Latin Rhythms. This program is a mixture of Latin steps and combinations, mini combinations using real Latin steps to Latin music of Salsa, Bachata, Merengue, Samba, Mambo, Rumba, Tango, and ChaCha! We work on a fun routine during the last part of the class that we build on each week.

Program Sessions:

- Thursdays, 10 to 11 a.m. — May 2 to June 27 (Member: \$76, Non-Member: \$93)
Total sessions: 9 Exclusion dates: None
- Thursdays, 10 to 11 a.m. — July 4 to September 5 (Member: \$76, Non-Member: \$93)
Total sessions: 9 Exclusion dates: August 15

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.

Program Sessions:

- Tuesdays, 10 to 11 a.m. — April 9 to April 30 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Tuesdays, 10 to 11 a.m. — May 7 to May 28 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Tuesdays, 10 to 11 a.m. — June 4 to June 25 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Tuesdays, 10 to 11 a.m. — July 2 to July 30 (Member: \$33, Non-Member: \$38)
Total sessions: 5 Exclusion dates: None

Line Dancing: Intermediate

Instructor: Diane Gorton

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 8 to April 29 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Thursdays, 10 to 11 a.m. — April 11 to April 25 (Member: \$20, Non-Member: \$23)
Total sessions: 3 Exclusion dates: None
- Mondays, 10 to 11 a.m. — May 6 to May 27 (Member: \$20, Non-Member: \$23)
Total sessions: 3 Exclusion dates: May 20
- Thursdays, 10 to 11 a.m. — May 2 to May 30 (Member: \$33, Non-Member: \$38)
Total sessions: 5 Exclusion dates: None
- Mondays, 10 to 11 a.m. — June 3 to June 24 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Thursdays, 10 to 11 a.m. — June 13 to June 27 (Member: \$20, Non-Member: \$23)
Total sessions: 3 Exclusion dates: None
- Mondays, 10 to 11 a.m. — July 8 to July 29 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None

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 dementias and their care partners. This program offers the opportunity to establish new friendships with others who are living with similar experiences, 45-60 minutes of physical exercise, and 45-60 minutes of mentally stimulating activities. To register please contact Vanessa at 519-332-4444 or email vbarnes@alzheimersarnia.ca.

Program Sessions:

- Mondays, 1:30 to 3:15 p.m. — April 8 to June 3 (\$15)
Total sessions: 8 Exclusion dates: May 20
- Mondays, 1:30 to 3:15 p.m. — June 17 to August 19 (\$15)

Total sessions: 8

Exclusion dates: July 1 and Aug. 5

Pumped Up Strength

Instructor: Anna Buchanan

Build lean muscle and boost metabolism. Pumped Up Strength is a new approach to resistance training. It will take your strength workout to the next level by utilizing combination movement patterns to create total body strength. Each routine will rev your metabolism, challenge your body in new ways, and build lean muscle mass.

Program Sessions:

- Tuesdays, 3 to 4 p.m. — June 4 to July 16 (Member: \$58, Non-Member: \$72)

Total sessions: 7

Exclusion dates: None

Qi Gong

Instructor: Michelle Mitchell

This program aims to increase your own life force energy. We all hold an inner power and strength to use inside of each of us, but emotional stress & negative energy creates immune system and body issues. Qi energy is what moves, breathes and motivates us. We all want more energy, health & vitality to be the best we can be daily, and Qigong helps to remove the energy blocks that we take on in our daily lives without knowing it. Through learning breath work, motion and slow controlled movement exercises, standing postures and meditations, you will increase your personal Qi-power, radiance, and grow/nurture your own energy and immune protective reserves.

Program Sessions:

- Thursdays, 8:45 to 9:45 a.m. — April 4 to April 18 (Member: \$34, Non-Member: \$39)

Total sessions: 3

Exclusion dates: None

- Thursdays, 8:45 to 9:45 a.m. — May 2 to May 23 (Member: \$45, Non-Member: \$52)

Total sessions: 4

Exclusion dates: None

- Thursdays, 8:45 to 9:45 a.m. — May 30 to June 20 (Member: \$45, Non-Member: \$52)

Total sessions: 4

Exclusion dates: None

- Thursdays, 8:45 to 9:45 a.m. — June 27 to July 18 (Member: \$45, Non-Member: \$52)

Total sessions: 4

Exclusion dates: None

- Thursdays, 8:45 to 9:45 a.m. — July 25 to August 22 (Member: \$45, Non-Member: \$52)

Total sessions: 4

Exclusion dates: Aug. 15

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 45

minutes long. Contact the Centre to register: 519 332 0656.

Reflexology Hours:

- Friday, April 12 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, May 10 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, June 7 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, July 5 — 9 a.m. to 3:30 p.m. (\$40)
- Friday, August 2 — 9 a.m. to 3:30 p.m. (\$40)

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 of gaining the huge benefits of Nordic Pole walking.

Program Sessions:

- Tuesdays, 12:45 to 1:45 p.m. — May 7 to May 28 (Member: \$31, Non-Member: \$40)
Total sessions: 4 Exclusion dates: None
- Tuesdays, 12:45 to 1:45 p.m. — June 4 to June 25 (Member: \$31, Non-Member: \$40)
Total sessions: 4 Exclusion dates: None

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 2 to April 30 (Member: \$33, Non-Member: \$38)
Total sessions: 5 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — April 4 to April 25 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Tuesdays, 11:15 a.m. to 12:15 p.m. — May 7 to May 28 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — May 2 to May 30 (Member: \$33, Non-Member: \$38)
Total sessions: 5 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — June 6 to June 27 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None
- Thursdays, 11:15 a.m. to 12:15 p.m. — July 4 to July 25 (Member: \$26, Non-Member: \$30)
Total sessions: 4 Exclusion dates: None

Organized Sports



Registration is required for organized sports.

Adult Recreational Tennis

Come join this fun tennis group! A great group for all levels, including beginners. Balls are supplied but please bring your racquet. Weather permitting.

Dates: Monday through Friday, April 29 to Oct. 31

Time: 8 a.m. to noon

Exclusion dates: May 20, July 1, Aug. 5, Sept. 2 and Oct. 14

Location: Germain Park

Cost: Member: \$35, Non-Member: \$40

Men's Recreational Two-Pitch (55+)

A fun rec two-pitch league for men who are 55+ of all skill levels! Great exercise and a great time. Enter as a team or an individual and we will find you a team.

Dates: Tuesdays, May 7 to Sept. 24.

Time: 9:30 a.m. to 1 p.m.

Location: Clearwater Diamond 1 and 2

Cost: Member: \$14, Non-Member: \$15

Men's Recreational Two-Pitch (60+)

A fun rec two-pitch league for men who are 60+ of all skill levels! Great exercise and a great time. Enter as a team or an individual and we will try to find you a team.

Dates: Thursdays, May 16 to Sept. 26

Time: 9:15 to 11:45 a.m.

Location: Clearwater Diamond 1

Cost: Member: \$14, Non-Member: \$15

Men's Recreational Slo-Pitch (55+)

Join your fellow "Boomers" for some non-competitive somewhat serious slo-pitch. All skill levels welcome. Our sandlot atmosphere will bring back fond memories of neighbourhood ball games.

Dates: Thursdays, May 2 to Oct. 17
Time: 9:30 to 11:30 a.m.
Location: Clearwater Diamond 2
Cost: Member: \$14, Non-Member: \$15

Pickleball: Intermediate

Join this fun group for a few games of pickleball! A great way to be active and socialize. This level is suited for players who have experience playing pickleball. Paddles are supplied but you are welcome to bring your own.

Session Dates: Mondays, May 6 to Sept. 9
Time: 8:30 to 10:30 a.m.
Exclusion dates: May 20, July 1, Aug. 5, and Sept. 2
Location: Blackwell
Cost: Member: \$25, Non-Member: \$28

Session Dates: Mondays, May 6 to Sept. 9
Time: 8:30 to 10:30 a.m.
Exclusion dates: May 20, July 1, Aug. 5, and Sept. 2
Location: Cathcart
Cost: Member: \$25, Non-Member: \$28

Session Dates: Tuesdays, May 7 to Sept. 10
Time: 8:30 to 10:30 a.m.
Location: Kenwick
Cost: Member: \$30, Non-Member: \$35

Dates & Time: Wednesdays, May 8 to Sept. 11
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$30, Non-Member: \$35

Dates & Time: Wednesdays, May 8 to Sept. 11
Time: 10:30 a.m. to 12:30 p.m.
Location: Cathcart
Cost: Member: \$30, Non-Member: \$35

Session Dates: Thursdays, May 9 to Sept. 12
Time: 3:30 to 5:30 p.m.
Location: Blackwell
Cost: Member: \$30, Non-Member: \$35

Session Dates: Thursdays, May 23 to Sept. 12
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$28, Non-Member: \$32

Session Dates: Fridays, May 10 to Sept. 13
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$30, Non-Member: \$35

Pickleball: Open Play

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.

Session Dates: Mondays, May 27 to Sept. 9
Time: 5:30 to 7:30 p.m.
Exclusion Dates: July 1, Aug. 5, Sept. 2
Location: Germain
Cost: Member: \$22, Non-Member: \$24

Session Dates: Tuesdays, May 21 to Sept. 10
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$28, Non-Member: \$32

Session Dates: Wednesdays, May 8 to Sept. 11
Time: 10:30 a.m. to 12:30 p.m.
Location: Blackwell
Cost: Member: \$30, Non-Member: \$35

Session Dates: Wednesdays, May 8 to Sept. 11
Time: 8:30 to 10:30 a.m.
Location: Cathcart

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

Session Dates: Thursdays, May 9 to Sept. 12

Time: 8:30 to 10:30 a.m.

Location: Kenwick

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

Session Dates: Fridays, May 10 to Sept. 13

Time: 8:30 to 10:30 a.m.

Location: Cathcart

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

Session Dates: Saturdays, May 11 to Sept. 14

Time: 8:30 to 10:30 a.m.

Location: Blackwell

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

Walking Soccer (50+ & Co-ed)

Recreational and sociable game of walking soccer. Great for soccer enthusiasts who cannot run. Tackling is not allowed. Group splits into two teams. Played on a turf surface.

Dates: Tuesdays, April 23 to Oct. 29

Time: 9:30 to 11:30 a.m.

Location: Norm Perry Turf Field

Cost: Member: \$25, Non-Member: \$28

Arts & Culture



Acrylic: The Basics

Instructor: Barb Fisher

This class is designed for the beginner or new to painting in acrylics. We will have fun as we learn the basics and fundamental skills needed to paint with medium. In this class we will cover a wide range of topics including the tools you will need, paint brushes, paint, other materials, and techniques. We will explore colour, how to mix it, and various ways to apply it to achieve exciting dimensional effects. We will explore various styles and build your skills that will assist you in your painting journey.

Program Sessions:

- Mondays, 11 a.m. to 2 p.m. – April 8 to June 17 (Member: \$138, Non-Member: \$158)
Total sessions: 10 Exclusion dates: May 20

Card Making

Instructor: Angela Brodhagen

Looking for a creative activity to do? Have fun creating beautiful cards and put a smile on a loved one's face when they receive your handmade card! In this class we will use stamps, ink, and paper to create two cards. Step-by-step instructions and your kit with all materials will be provided.

Program Sessions:

- Thursday, April 25 – 11:15 a.m. to 12:15 p.m. (Member: \$13, Non-Member: \$15)
- Thursday, May 30 – 11:15 a.m. to 12:15 p.m. (Member: \$13, Non-Member: \$15)
- Thursday, June 27 – 11:15 a.m. to 12:15 p.m. (Member: \$13, Non-Member: \$15)

Ceramic Painting Workshop

Instructor: Elizabeth deLange

A comprehensive introduction to ceramic painting and decoration. Discover your creative skills through your paintbrush. Our ceramic painting workshops introduce you to working with shape and colour with glazes. You will create a one-of-a-kind piece to add to your home! Materials and tools are provided. No experience necessary. Please wear an old shirt and/or an apron.

Workshop Dates and Times:

- Monday, April 15 – 2 to 4 p.m. (Member: \$70, Non-Member: \$81)
- Monday, May 13 – 2 to 4 p.m. (Member: \$70, Non-Member: \$81)
- Monday, June 10 – 2 to 4 p.m. (Member: \$70, Non-Member: \$81)
- Monday, July 22 – 2 to 4 p.m. (Member: \$70, Non-Member: \$81)

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 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:

- Fridays, 12:30 to 2:30 p.m. – April 12 to June 14 (Member: \$115, Non-Member: \$133)
Total sessions: 10 Exclusion dates: None

English: Basic

Instructor: Ana Espinosa

Learn and practice English in a dynamic, learner-centered, and fun environment. The format will be conversational in nature so that the practices can be applied in daily life situations. Bring a pen/pencil and notebook.

Program Sessions:

- Wednesdays, 2:45 to 4:15 p.m. — April 3 to June 5 (Member: \$103, Non-Member: \$120)
Total sessions: 10 Exclusion dates: None
- Wednesdays, 2:45 to 4:15 p.m. — June 12 to August 14 (Member: \$103, Non-Member: \$120)
Total sessions: 10 Exclusion dates: None

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.

Program Sessions:

- Mondays, 1 to 2:30 p.m. — April 8 to June 3 (Member: \$87, Non-Member: \$100)
Total sessions: 8 Exclusion dates: May 20
- Mondays, 1 to 2:30 p.m. — June 17 to August 19 (Member: \$87, Non-Member: \$100)
Total sessions: 8 Exclusion dates: July 1 and August 5

French: Intermediate

Instructor: Diane Lamarche

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, 2:45 to 4:15 p.m. — April 8 to June 3 (Member: \$87, Non-Member: \$100)

- | | |
|---|------------------------------------|
| Total sessions: 8 | Exclusion dates: May 20 |
| • Mondays, 2:45 to 4:15 p.m. — June 17 to August 19 (Member: \$87, Non-Member: \$100) | |
| Total sessions: 8 | Exclusion dates: July 1 and Aug. 5 |

Floral Lamp Workshop

Instructor: Svetlana Grass

A very unique workshop on how to make a flower lamp. You will leave with a beautiful, waterproof, and fireproof flower lighting product made from eco-friendly material. Materials and tools provided. This class is suitable for everyone, and each workshop will have a different product. To view photos of projects, please visit us online.

Workshop Dates and Times:

- Monday, May 27 - 2 to 4 p.m. – Little Rose Candle Holder (Member: \$75, Non-Member: \$86)
- Monday, June 24 – 2 to 4 p.m. – Table Lamp Hydrangea (Member: \$75, Non-Member: \$86)

Leather Carving: Advanced Wet Molding

Instructor: Allen Williams

During this course the students will add to their leather working skill by building two projects utilizing different wet molding techniques. Students will learn more about leather weights, types and when to use them. Students will begin by designing, carving, and constructing a belt pouch. Next, they will build a pouch, sheath, or case for their favourite item (i.e., knife sheath, scissor case, business card case, cell phone case, etc). You will use carving, tooling, and dyeing skills that were taught in the introductory course and sewing, lacing, and construction skills that were taught in the intermediate course.

Program Sessions:

- Tuesdays, 9 to 11 a.m. — April 9 to May 14 (Member: \$152, Non-Member: \$175)
- | | |
|-------------------|----------------------|
| Total sessions: 6 | Excluded dates: None |
|-------------------|----------------------|

Leather Carving: Introduction

Instructor: Allen Williams

Learn the basics of leather carving, tooling, and dye work with Allen Williams, "The Leather Man", who has over 60 years experience working with leather. You will make 6 coasters (each with 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.

Program Sessions:

- Tuesdays, 9 to 11 a.m. — June 4 to July 9 (Member: \$78, Non-Member: \$89)
- | | |
|-------------------|----------------------|
| Total sessions: 6 | Excluded dates: None |
|-------------------|----------------------|

Spanish: Basic

Instructor: Petra Ramos

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, 2:45 to 4:15 p.m. — April 2 to May 21 (Member: \$130, Non-Member: \$150)
Total sessions: 8 Exclusion dates: None

Spanish: Advanced

Instructor: Petra Ramos

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

Program Sessions:

- Tuesdays, 1 to 2:30 p.m. — April 2 to May 21 (Member: \$130, Non-Member: \$150)
Total sessions: 8 Exclusion dates: None

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, tools, 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, 9:30 a.m. to noon — April 9 to June 11 (Member: \$126, Non-Member: \$145)
Total sessions: 10 Exclusion dates: None

Hobbies & Special Interest



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 everyday objects found around the house, such as cards, coins, pencils, paper clips, and more. There are no special skill requirements, just the willingness to learn. Do you believe in Magic?... I do! Intermediate lessons are available where you will learn more advanced coin and card magic tricks.

Beginner Program Sessions:

- Wednesdays, 10 to 11:30 a.m. — April 10 to May 1 (Member: \$50, Non-Member: \$58)
Total sessions: 4 Exclusion dates: None
- Wednesdays, 10 to 11:30 a.m. — June 5 to June 26 (Member: \$50, Non-Member: \$58)
Total sessions: 4 Exclusion dates: None

Intermediate Program Sessions:

- Wednesdays, 10 to 11:30 a.m. — May 8 to May 29 (Member: \$50, Non-Member: \$58)
Total sessions: 4 Exclusion dates: None

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 19, 11 a.m. to noon
- Friday, May 17, 11 a.m. to noon
- Friday, June 21, 11 a.m. to noon

Guitar Lessons: Beginner

Instructor: Dan Caraher

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:

- Thursdays, 3 to 4 p.m. — April 11 to June 13 (Member: \$115, Non-Member: \$130)
Total sessions: 10 Exclusion dates: None

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 and Facetime, and how to take, store, delete and create photos. Please bring your iPad to follow along in this interactive learning experience.

Program Sessions:

- Tuesdays, 11:30 a.m. to 12:30 p.m. — April 16 to May 21 (Member: \$85, Non-Member: \$99)
Total sessions: 6 Exclusion dates: None

Learn to Knit: Beginner

Instructor: Hendrika Kamerman

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, 2 to 4 p.m. — June 5 to July 10 (Member: \$63, Non-Member: \$72)
Total sessions: 6 Exclusion dates: None

Learn to Knit: Intermediate

Instructor: Hendrika Kamerman

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

Program Sessions:

- Wednesdays, 2 to 4 p.m. — April 10 to May 15 (Member: \$63, Non-Member: \$72)
Total sessions: 6 Exclusion dates: None

Musical Memories

Instructor: Steve Lane

Do you have songs, soundtracks or jingles that have had a profound impact on your life? Chances are local pianist Steve Lane can bring back those memories for you! For over 60 years, Steve has been entertaining audiences with thousands of songs from the 1930's to the 2000's. Musical Memories is an interactive 1-hour session whereby songs are played by request as well as a variety of themes like "Broadway", "TV", "The 60's" where attendees can guess at titles. A great way to go smiling back into time!

Dates and Times:

- Monday, April 8 - 11:15 a.m. to 12:15 p.m. (Member: \$8, Non-Member: \$10)
- Monday, May 6 - 11:15 a.m. to 12:15 p.m. (Member: \$8, Non-Member: \$10)
- Monday, June 3 - 11:15 a.m. to 12:15 p.m. (Member: \$8, Non-Member: \$10)

- Monday, July 8 - 11:15 a.m. to 12:15 p.m. (Member: \$8, Non-Member: \$10)
- Monday, August 12 - 11:15 a.m. to 12:15 p.m. (Member: \$8, Non-Member: \$10)

Options Open: Later Life Planning

Instructor: Ellan Dickieson

A course to map your best aging journey. We will use a planning approach to broaden your thinking, and creatively make and adjust plans for your later life. We will cover 5 key areas: your health, housing choices, social network, caregiving team, and your resources.

Program Sessions:

- Mondays, 2:30 to 4 p.m. — April 8 to May 13 (Member: \$90, Non-Member: \$104)
Total sessions: 6 Exclusion dates: None
- Mondays, 2:30 to 4 p.m. — June 3 to July 15 (Member: \$90, Non-Member: \$104)
Total sessions: 6 Exclusion dates: July 1

Photography: the Basics

Instructor: Tyler Robinson

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 owner's 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 19 to May 24 (Member: \$113, Non-Member: \$130)
Total sessions: 6 Exclusion dates: None
- Fridays, 3 to 4 p.m. — June 7 to July 12 (Member: \$113, Non-Member: \$130)
Total sessions: 6 Exclusion dates: None
- Fridays, 3 to 4 p.m. — July 26 to August 30 (Member: \$113, Non-Member: \$130)
Total sessions: 6 Exclusion dates: None

Day Trips



Warplane Museum & Dundurn Castle

Experience a guided tour of Dundurn Castle, built in the 1830's on Burlington Heights. This hidden gem resides on the former site of a fortified military encampment. Then you will visit the Canadian Warplane Museum. Walk through the exhibits and enjoy an included lunch at the onsite café.

Thursday, April 25, 2024

Member: \$159, Non-Member: \$183

Depart: 8 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 6:45 p.m.

A day in Elgin & Norfolk County

Taste the best that Elgin and Norfolk County has to offer! With this trip you will stop at Picard's Peanuts, eat lunch at New Sarum Diner, shop around Coyle's Country Store, and then take a guided tour at the Ramblin' Road Brewery Farm.

Tuesday, May 28, 2024

Member: \$138, Non-Member: \$159

Depart: 9:15 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 5:30 p.m.

Grand River Cruise

Join us for an exciting day away! We will travel to the charming community of Caledonia for a delightful sightseeing river cruise where you will be served a 3-course lunch. Take in stellar views from the promenade deck, reconnect with your peers, and dance to the sweet sounds of The Blazing Fiddles.

Wednesday, June 26, 2024

Member: \$179, Non-Member: \$205

Depart: 8:45 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 5:45 p.m.

Rum Runners

Step back in time to the prohibition era when Windsor was a main supplier of illegal liquor to the likes of mobsters like Al Capone! A four-hour tour that will take you on a historical and fun journey along the city's riverfront. Enjoy live music, singing, comedy routines, and a hot buffet lunch. The legendary Bertha Thomas, who operated one of the more popular speakeasies, will tell the story of how they managed to operate right under the nose of the law. Sit back, sample some whiskey, and

see what it was like back in “The Roaring Twenties” in this popular tour experience.

Tuesday, July 16, 2024

Member: \$212, Non-Member: \$245

Depart: 7:30 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 5:15 p.m.

Drayton Festival Theatre

Join us for a hilarious matinee performance of Naked Radio at Drayton Festival Theatre. When a snowstorm knocks out the county and the station loses its tie to the pre-programmed feed, the guys have to punt, and a rejuvenated station brings back spontaneity and joy to the community it serves. You will also enjoy a fantastic included lunch at Anna Mae’s Restaurant. This quaint diner is famous for delicious homestyle comfort foods.

Thursday, August 15, 2024

Member: \$184, Non-Member: \$212

Depart: 9:15 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 7 p.m.

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

For more information call 519-332-0656 or visit www.sarnia.ca/RecRegistration.

City Events



Easter in the Park

Saturday, March 30, 2024

Location: Canatara Park, Animal Farm

Celebrate Easter with the City of Sarnia at Canatara Park with an array of free Easter fun including an Easter Egg Hunt, live performances, arts and crafts, a visit from the Easter Bunny and more. Held in partnership with the Seaway Kiwanis. Stay tuned for more details.

Community Parks Clean Up Day

Saturday, April 20, 2024

Location: Various city parks

Every year around Earth Day we invite individuals and groups to come out and clean up litter not only in City parks, but also on trails, streets, and green spaces. Held in partnership with Nova Chemicals and the Rotary Club of Sarnia Lambton After Hours. Registration will begin mid-March.

Sounds of Summer Concert Series

Concerts begin Tuesday, June 4 until Thursday, August 22, 2024

Time: 7 p.m.

Mondays: Bandshell, Canatara Park

Tuesdays: Seaway Kiwanis Pavilion, Canatara Park

Wednesdays: Gazebo, Kenwick Park

Thursdays: Stage, Germain Park and Pergola, Paul Blundy Park

The City of Sarnia's annual free outdoor concert series, Sounds of Summer, features local and out-of-town performers, providing live musical entertainment across a full range of genres. Line up to be announced this spring.

Kids Funfest

Saturday, August 10

Location: Canatara Park

Kids Funfest at Canatara Park connects local youth and families with the organizations, leagues, businesses and groups who serve them. Participating organizations host event demos and activities alongside live entertainment, food and more. Stay tuned for more details.

Canada Day

Monday, July 1, 2024

Location: Canatara Park and Centennial Park

There are plenty of ways to celebrate Canada Day in Sarnia including the annual Canada Day parade; family fun, multicultural food, entertainment and activities at Canatara Park; live music and food at Centennial Park; and fireworks over the bay. Stay tuned for more details.



SARNIA
ONTARIO