



**SARNIA**  
ONTARIO

CITY OF SARNIA

**2025**

**Spring - Summer  
Recreation Guide**



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**All activities, dates, times, and costs are subject to change. For more information call 519-332-0656 or visit [www.sarnia.ca/Recreation](http://www.sarnia.ca/Recreation).**

# Memberships

Memberships open to residents aged 50 and over.

**365-Day Strangway Membership — \$66**

**365-Day Hobby Shop Membership — \$200**

**2025 Drop-in Tokens:**

- Member Drop-in Tokens — \$3.25
- Non-Member Drop-in Tokens — \$6.50

# Registration

Registration opens Tuesday, March 18, 2025, for the spring and summer seasons of programming. Registration is required for instructor-led programs. Please note that you can register for programs at any point throughout the season. 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/Recreation](http://www.sarnia.ca/Recreation)

Registration can also be completed by:

- Calling 519-332-0656 — Monday to Friday, 8:30 a.m. to 4:30 p.m.
- Visiting the Strangway Centre or City Hall — 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 18, 2025
- Easter Monday - Monday, April 21, 2025
- Victoria Day - Monday, May 19, 2025
- Canada Day - Tuesday, July 1, 2025
- Civic Holiday - Monday, August 4, 2025

**Programming costs reflect holiday closures**

# Refund Policy and Waitlist

For full details on our refund policy, please visit [www.sarnia.ca/Recreation](http://www.sarnia.ca/Recreation) and scroll down to the bottom of the page.

If the program is full, you can join the waitlist! If a spot then becomes available, you will be contacted via email and will have five days to accept and pay for the spot or decline before the spot automatically becomes offered to the next person on the waitlist.

# Drop-in Programs



Drop-in programs are available on reoccurring days and times throughout the programming season, 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: March 31 to August 29, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hobby Shop<sup>^</sup></b> 9 a.m. to noon 1 to 4 p.m.	<b>Hobby Shop<sup>^</sup></b> 9 a.m. to noon 1 to 4 p.m.	<b>Hobby Shop<sup>^</sup></b> 9 a.m. to noon 1 to 4 p.m.	<b>Hobby Shop<sup>^</sup></b> 9 a.m. to noon 1 to 4 p.m.	<b>Hobby Shop<sup>^</sup></b> 9 a.m. to noon 1 to 4 p.m.
<b>Billiards<sup>*</sup></b> 9 a.m. to 4 p.m.	<b>Billiards<sup>*</sup></b> 9 a.m. to 4 p.m.	<b>Billiards<sup>*</sup></b> 9 a.m. to 4 p.m.	<b>Billiards<sup>*</sup></b> 9 a.m. to 4 p.m.	<b>Billiards<sup>*</sup></b> 9 a.m. to 4 p.m.
<b>Knit and Chat</b> 10 a.m. to noon	<b>Social Bridge<sup>*</sup></b> 1 to 4 p.m.	<b>Carpet Bowling<sup>*</sup></b> 9 to 11 a.m.	<b>Community Connect</b> 9 to 11 a.m.	<b>Recreational Pickleball<sup>*</sup></b> 11:15 a.m. to 1:15 p.m.
<b>Chess<sup>*</sup></b> 1:30 to 4 p.m.	<b>Euchre<sup>*</sup></b> 1 to 4 p.m.	<b>SUES (Ukulele)<sup>*</sup></b> 1 to 3:30 p.m.	<b>Meditation with Richard</b> 10 to 11 a.m.	<b>Table Tennis<sup>*</sup></b> 1:30 to 3:30 p.m.
<b>Jam Session<sup>*</sup></b> 2 to 4 p.m. SIX EXCLUSION DATES APPLY, SEE PROGRAM DESCRIPTION PAGE 7		<b>Pepper<sup>*</sup></b> 1:30 to 4 p.m.	<b>Mahjong<sup>*</sup></b> 1 to 4 p.m.	<b>Pepper<sup>*</sup></b> 1:30 to 4 p.m.
			<b>Art Club<sup>*</sup></b> 1:30 to 3:30 p.m.	
			<b>Shuffleboard<sup>*</sup></b> 2 to 4 p.m.	

\* Activity token applies — \$3.25 Member, \$6.50 Non-Member

<sup>^</sup> Activity Pass or Membership applies – \$8.25 for half day, \$14 for full day; 365-Day Hobby Shop Membership for \$200

## Art Club

Whether you are a seasoned artist or a curious beginner, you will find a welcoming space to explore your creativity and work on your own projects. Bring your own supplies and let your imagination soar as you connect with fellow art enthusiasts.

Member Token: \$3.25, Non-Member Token: \$6.50

## 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 is required.

Member Token: \$3.25, Non-Member Token: \$6.50

## 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: \$6.50

## Chess

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

Member Token: \$3.25, Non-Member Token: \$6.50

## 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

## 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: \$6.50

## Hobby Shop — Woodworking

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

2025 Passes: \$8.25 for half day and \$14.00 for a full day

365-Day Hobby Shop Membership: \$200

## 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. The Jam Session has six exclusion dates: April 21, April 28, May 19, May 26, June 30, and August 4.

Member Token: \$3.25, Non-Member Token: \$6.50

## 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 people 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: \$6.50

## 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: \$6.50

## 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: \$6.50

## 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.

Member Token: \$3.25, Non-Member Token: \$6.50

## Shuffleboard

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.

Member Token: \$3.25, Non-Member Token: \$6.50

## 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: \$6.50

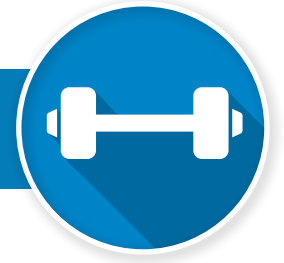
## SUES: Strangway Ukulele Ensemble

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: \$6.50



# Fitness & Wellness



## Aqua Energy

Instructor: Sue Athanasopoulos

The soothing warmth and buoyancy of the pathways therapeutic pool (1240 Murphy Road) is an ideal environment for exercise to help relieve pain and stiffness of associated arthritis. Water exercises also lead to muscle strengthening, improvements in endurance, flexibility, and balance. \*The below program series' have been available to register for since Fall 2024.

### Program Series:

- Mondays, 11 a.m. to noon — March 3 to April 28 (Member: \$105, Non-Member: \$120)  
Total sessions: 7  
Exclusion dates: March 10 and April 21
- Wednesdays, 11 a.m. to noon — March 5 to April 30 (Member: \$120, Non-Member: \$138)  
Total sessions: 8  
Exclusion dates: March 12
- Fridays, 11 a.m. to noon — March 7 to May 2 (Member: \$105, Non-Member: \$120)  
Total sessions: 7  
Exclusion dates: March 14 and April 18

## 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 Series:

- Mondays, 11:15 a.m. to 12:15 p.m. — March 31 to May 12 (Member: \$50, Non-Member: \$62)  
Total sessions: 6  
Exclusion dates: April 21
- Wednesdays, 11:15 a.m. to 12:15 p.m. — April 2 to May 14 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Fridays, 8:45 to 9:45 a.m. — April 4 to May 16 (Member: \$50, Non-Member: \$62)  
Total sessions: 6  
Exclusion dates: April 18
- Mondays, 11:15 a.m. to 12:15 p.m. — May 26 to June 30 (Member: \$50, Non-Member: \$62)  
Total sessions: 6
- Wednesdays, 11:15 a.m. to 12:15 p.m. — May 21 to July 2 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Fridays, 8:45 to 9:45 a.m. — May 23 to July 4 (Member: \$59, Non-Member: \$73)

Total sessions: 7

- Mondays, 11:15 a.m. to 12:15 p.m. — July 7 to August 25 (Member: \$59, Non-Member: \$73)

Total sessions: 7

Exclusion dates: August 4

- Wednesdays, 11:15 a.m. to 12:15 p.m. — July 9 to August 27 (Member: \$67, Non-Member: \$83)

Total sessions: 8

- Fridays, 8:45 to 9:45 a.m. — July 11 to August 29 (Member: \$67, Non-Member: \$83)

Total sessions: 8

### Intermediate Program Series:

- Mondays, 10 to 11 a.m. — March 31 to May 12 (Member: \$50, Non-Member: \$62)

Total sessions: 6

Exclusion dates: April 21

- Wednesdays, 10 to 11 a.m. — April 2 to May 14 (Member: \$59, Non-Member: \$73)

Total sessions: 7

- Fridays, 10 to 11 a.m. — April 4 to May 16 (Member: \$50, Non-Member: \$62)

Total sessions: 6

Exclusion dates: April 18

- Fridays, 11:15 a.m. to 12:15 p.m. — April 4 to May 16 (Member: \$50, Non-Member: \$62)

Total sessions: 6

Exclusion dates: April 18

- Mondays, 10 to 11 a.m. — May 26 to June 30 (Member: \$50, Non-Member: \$62)

Total sessions: 6

- Wednesdays, 10 to 11 a.m. — May 21 to July 2 (Member: \$59, Non-Member: \$73)

Total sessions: 7

- Fridays, 10 to 11 a.m. — May 23 to July 4 (Member: \$59, Non-Member: \$73)

Total sessions: 7

- Fridays, 11:15 a.m. to 12:15 p.m. — May 23 to July 4 (Member: \$59, Non-Member: \$73)

Total sessions: 7

- Mondays, 10 to 11 a.m. — July 7 to August 25 (Member: \$59, Non-Member: \$73)

Total sessions: 7

Exclusion dates: August 4

- Wednesdays, 10 to 11 a.m. — July 9 to August 27 (Member: \$67, Non-Member: \$83)

Total sessions: 8

- Fridays, 10 to 11 a.m. — July 11 to August 29 (Member: \$67, Non-Member: \$83)

Total sessions: 8

- Fridays, 11:15 a.m. to 12:15 p.m. — July 11 to August 29 (Member: \$67, Non-Member: \$83)

Total sessions: 8

## 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 Series:

- Mondays, 12:30 to 1:30 p.m. — March 31 to May 5 (Member: \$42, Non-Member: \$52)  
Total sessions: 5  
Exclusion dates: April 21
- Mondays, 12:30 to 1:30 p.m. — May 26 to June 30 (Member: \$42, Non-Member: \$52) Total sessions: 5  
Exclusion dates: June 2
- Mondays, 12:30 to 1:30 p.m. — July 7 to August 25 (Member: \$59, Non-Member: \$73) Total sessions: 7  
Exclusion dates: August 4

## 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 Series:

- Thursdays, 1:45 to 2:45 p.m. — April 3 to May 15 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 1:45 to 2:45 p.m. — May 22 to July 3 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 1:45 to 2:45 p.m. — July 10 to August 28 (Member: \$67, Non-Member: \$83)  
Total sessions: 8

## Chair Qi Gong

Instructor: Michelle Mitchell

Embrace tranquility, energy boosts and internal healing through ancient Qi Gong practices seated in a chair. Perfect for cultivating mindfulness and health vitality through the use of breathwork, slow movements (similar to Tai Chi) and meditations. This over 4000 year old practice can help strengthen and heal all troubled aspects of the body, mind, and spirit! This Qi Gong class is for those who can't stand for long periods of time or only have the ability to sit through a class.

### Program Series:

- Thursdays, 11:15 a.m. to 12:15 p.m. — April 3 to May 15 (Member: \$59, Non-Member: \$73)  
Total sessions: 7

- Thursdays, 11:15 a.m. to 12:15 p.m. — May 22 to July 3 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 11:15 a.m. to 12:15 p.m. — July 10 to August 28 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
Exclusion dates: August 14

## 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 Series:

- Tuesdays, 12:30 to 1:30 p.m. — April 1 to May 13 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 12:30 to 1:30 p.m. — April 3 to May 15 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Tuesdays, 12:30 to 1:30 p.m. — May 20 to June 24 (Member: \$50, Non-Member: \$62)  
Total sessions: 6
- Thursdays, 12:30 to 1:30 p.m. — May 22 to July 3 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Tuesdays, 12:30 to 1:30 p.m. — July 8 to August 26 (Member: \$67, Non-Member: \$83)  
Total sessions: 8
- Thursdays, 12:30 to 1:30 p.m. — July 10 to August 28 (Member: \$67, Non-Member: \$83)  
Total sessions: 8

## Dance Fusion

Instructor: Michelle Mitchell

Expect fun and great exercise that won't feel like exercise! Join with friends, learning fabulous fun dance steps and dance routines with a prop such as: hats, canes, feather fans, boas & more! All provided by the Instructor. We laugh, we giggle, we move and groove to a variety of different music weekly!

### Program Series:

- Thursdays, 10 to 11 a.m. — April 3 to May 15 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 10 to 11 a.m. — May 22 to July 3 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Thursdays, 10 to 11 a.m. — July 10 to August 28 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
Exclusion dates: August 14

## FitFusion

Instructor: Richel Jackson

FitFusion is a well-rounded exercise class that combines flexibility, weight training, cardio, and nutrition to support overall health. Participants learn about healthy eating habits and the importance of a balanced diet while setting personal fitness goals. This program encourages a comprehensive approach to well-being, helping individuals improve their fitness levels and lead a healthier, more active lifestyle.

### Program Series:

- Mondays, 8:45 to 9:45 a.m. — March 31 to May 12 (Member: \$50, Non-Member: \$62)  
Total sessions: 6  
Exclusion dates: April 21
- Wednesdays, 8:45 to 9:45 a.m. — April 2 to May 14 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Mondays, 8:45 to 9:45 a.m. — May 26 to June 30 (Member: \$50, Non-Member: \$62)  
Total sessions: 6
- Wednesdays, 8:45 to 9:45 a.m. — May 21 to July 2 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Mondays, 8:45 to 9:45 a.m. — July 7 to August 25 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
Exclusion dates: August 4
- Wednesdays, 8:45 to 9:45 a.m. — July 9 to August 27 (Member: \$67, Non-Member: \$83)  
Total sessions: 8

## 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 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 Series:

- Tuesdays, 11:15 a.m. to 12:15 p.m. — April 1 to May 13 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Tuesdays, 11:15 a.m. to 12:15 p.m. — May 20 to June 24 (Member: \$50, Non-Member: \$62)  
Total sessions: 6

## 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.

Cost: \$45

### Footcare Hours:

- Friday, April 4 — 9 a.m. to 3:30 p.m.
- Friday, May 2 — 9 a.m. to 3:30 p.m.
- Friday, May 16 — 9 a.m. to 3:30 p.m.
- Friday, May 30 — 9 a.m. to 3:30 p.m.
- Friday, June 13 — 9 a.m. to 3:30 p.m.
- Friday, June 27 — 9 a.m. to 3:30 p.m.
- Friday, July 11 — 9 a.m. to 3:30 p.m.
- Friday, July 25 — 9 a.m. to 3:30 p.m.
- Friday, August 8 — 9 a.m. to 3:30 p.m.
- Friday, August 22 — 9 a.m. to 3:30 p.m.

## 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 Series:

- Tuesdays, 8:45 to 9:45 a.m. — April 1 to May 13 (Member: \$48, Non-Member: \$57)  
Total sessions: 7
- Thursdays, 8:45 to 9:45 a.m. — April 3 to May 15 (Member: \$48, Non-Member: \$57)  
Total sessions: 7
- Tuesdays, 8:45 to 9:45 a.m. — May 20 to June 24 (Member: \$42, Non-Member: \$49)  
Total sessions: 6
- Thursdays, 8:45 to 9:45 a.m. — May 22 to July 3 (Member: \$48, Non-Member: \$57)  
Total sessions: 7
- Tuesdays, 8:45 to 9:45 a.m. — July 8 to August 26 (Member: \$56, Non-Member: \$65)  
Total sessions: 8
- Thursdays, 8:45 to 9:45 a.m. — July 10 to August 28 (Member: \$56, Non-Member: \$65)  
Total sessions: 8

## 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 a pitching wedge to the first class.

### Program Series:

- Mondays, 8:45 to 9:45 a.m. — March 31 to May 12 (Member: \$77, Non-Member: \$88)  
Total sessions: 6  
Exclusion dates: April 21

## 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 Series:

- Tuesdays, 3 to 4 p.m. — April 1 to May 13 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Fridays, 10 to 11 a.m. — April 4 to May 16 (Member: \$50, Non-Member: \$62)  
Total sessions: 6  
Exclusion dates: April 18
- Tuesdays, 3 to 4 p.m. — May 20 to June 24 (Member: \$50, Non-Member: \$62)  
Total sessions: 6
- Fridays, 10 to 11 a.m. — May 23 to July 4 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Tuesdays, 3 to 4 p.m. — July 8 to August 26 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
Exclusion dates: August 12
- Fridays, 10 to 11 a.m. — July 11 to August 29 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
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 Series:

- Tuesdays, 10 to 11 a.m. — April 1 to May 27 (Member: \$60, Non-Member: \$69)  
Total sessions: 9
- Tuesdays, 10 to 11 a.m. — June 3 to July 29 (Member: \$53, Non-Member: \$61)  
Total sessions: 8  
Exclusion dates: July 1

## Line Dancing: Intermediate

Instructor: Diane Gorton

Level up your line dancing! 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 Series:

- Mondays, 10 to 11 a.m. — March 31 to May 26 (Member: \$47, Non-Member: \$54)  
Total sessions: 7  
Exclusion dates: April 21 and May 19
- Thursdays, 10 to 11 a.m. — April 3 to May 29 (Member: \$60, Non-Member: \$69)  
Total sessions: 9
- Mondays, 10 to 11 a.m. — June 2 to July 28 (Member: \$60, Non-Member: \$69)  
Total sessions: 9
- Thursdays, 10 to 11 a.m. — June 5 to June 26 (Member: \$27, Non-Member: \$31)  
Total sessions: 4

## 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](mailto:vbarnes@alzheimersarnia.ca).

### Program Series:

- Mondays, 1:30 to 3:15 p.m. — March 31 to June 2 (\$15)  
Total sessions: 8  
Exclusion dates: April 21 and May 19



## Qi Gong

Instructor: Michelle Mitchell

This program focuses on building strength, flexibility, and a free-flowing energy system to support overall health. Qigong, an ancient martial art, helps clear energy blockages caused by daily stress and negativity. Through breathwork, slow movements, standing postures, and meditation, you will enhance your personal Qi, boosting vitality and immunity. Strengthen your body, mind, and spirit from the inside out!

### Program Series:

- Fridays, 8:45 to 9:45 a.m. — April 4 to May 16 (Member: \$50, Non-Member: \$62)  
Total sessions: 6  
Exclusion dates: April 18
- Fridays, 8:45 to 9:45 a.m. — May 23 to July 4 (Member: \$59, Non-Member: \$73)  
Total sessions: 7
- Fridays, 8:45 to 9:45 a.m. — July 11 to August 29 (Member: \$59, Non-Member: \$73)  
Total sessions: 7  
Exclusion dates: August 15

## Reflexology

Instructor: Shelly Nelson

Reflexology is a natural non-invasive focused pressure technique usually done on the feet. 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. New clients will be asked to fill out a medical questionnaire. If having foot reflexology, you will be asked to remove socks and sit in a sturdy zero-gravity chair. The sessions are 30-45 minutes long. Treat your hands with the care they deserve! Contact the Centre to register: 519-332-0656.

Cost: \$45

### Reflexology Hours:

- Friday, April 11 — 9 a.m. to 3:30 p.m.
- Friday, May 9 — 9 a.m. to 3:30 p.m.
- Friday, June 6 — 9 a.m. to 3:30 p.m.
- Friday, July 4 — 9 a.m. to 3:30 p.m.
- Friday, August 1 — 9 a.m. to 3:30 p.m.

## 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 Series:**

- Tuesdays, 12:30 to 1:30 p.m. — April 1 to April 22 (Member: \$32, Non-Member: \$40)  
Total sessions: 4
- Tuesdays, 12:30 to 1:30 p.m. — May 6 to May 27 (Member: \$32, Non-Member: \$40)  
Total sessions: 4
- Tuesdays, 12:30 to 1:30 p.m. — June 3 to June 24 (Member: \$32, Non-Member: \$40)  
Total sessions: 4

## 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 Series:**

- Tuesdays, 11:15 a.m. to 12:15 p.m. — April 1 to May 13 (Member: \$47, Non-Member: \$54)  
Total sessions: 7
- Thursdays, 11:15 a.m. to 12:15 p.m. — April 3 to May 15 (Member: \$47, Non-Member: \$54)  
Total sessions: 7
- Thursdays, 11:15 a.m. to 12:15 p.m. — June 5 to July 10 (Member: \$40, Non-Member: \$46)  
Total sessions: 6
- Thursdays, 11:15 a.m. to 12:15 p.m. — July 17 to August 14 (Member: \$27, Non-Member: \$31)  
Total sessions: 4  
Exclusion dates: August 7

## 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. The Ongoing class is for those who know the entire set.

**Beginning / Continuing Series:**

- Mondays, 12:30 to 1:15 p.m. — March 31 to May 12 (Member: \$40, Non-Member: \$46)  
Total sessions: 6  
Exclusion dates: April 21
- Mondays, 12:30 to 1:15 p.m. — May 26 to June 30 (Member: \$40, Non-Member: \$46)  
Total sessions: 6
- Mondays, 12:30 to 1:15 p.m. — July 7 to August 25 (Member: \$47, Non-Member: \$54)  
Total sessions: 7  
Exclusion dates: August 4

**Ongoing Series:**

- Wednesdays, 12:30 to 1:15 p.m. — April 2 to May 14 (Member: \$47, Non-Member: \$54)  
Total sessions: 7
- Wednesdays, 12:30 to 1:15 p.m. — May 21 to July 2 (Member: \$47, Non-Member: \$54)  
Total sessions: 7
- Wednesdays, 12:30 to 1:15 p.m. — July 9 to August 27 (Member: \$53, Non-Member: \$61)  
Total sessions: 8

**VON SMART FUN-ctional Fitness**

In partnership with the VON SMART Program these research and evidence based fall prevention and exercise classes will run approximately 45 minutes in length and combine different aspects of functional fitness. These classes are offered for anyone over the age of 55 who are interested in becoming a SMART participant! A typical class contains a warm-up and some cardio before transitioning into the balance and strength portion of the class. Each class will contain functional strength exercises that challenge every major muscle group before a final cool down and stretching to finish the class. Seated and standing modifications are provided to meet the needs of each participant. To register please contact Julia Green at 382-342-1307 or [Julia.Green@von.ca](mailto:Julia.Green@von.ca).

**Program Series:**

- Mondays, 3:30 to 4:15 p.m. — Runs on an ongoing basis through the spring and summer.  
Exclusion dates: April 21, May 19 and August 4

# Organized Sports



Registration for organized sports will open on March 18, at 8:30 a.m. **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.

Date: Monday through Friday, April 28 to October 31.

Time: 8 a.m. to noon.

Location: Germain

Cost: Member: \$36, Non-Member: \$41

Exclusion dates: May 19; July 1; August 4; September 1 and 30; October 13

## 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.

Date: Tuesdays, May 6 to October 7

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

Location: Clearwater Diamond 1 and 2

Cost: Member: \$15, Non-Member: \$16

Exclusion dates: July 1 and September 30

## 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.

Date: Thursdays, May 15 to September 25

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

Location: Clearwater Diamond 1

Cost: Member: \$15, Non-Member: \$16

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

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

Date: Thursdays, May 1 to October 16

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

Location: Clearwater Diamond 2

Cost: Member: \$15, Non-Member: \$16

## 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.

### Sessions:

Date: Mondays, May 5 to September 8

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

Location: Blackwell

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

Exclusion dates: May 19, August 4, September 1

Date: Mondays, May 5 to September 8

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

Location: Cathcart

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

Exclusion dates: May 19, August 4, September 1

Date: Tuesdays, May 6 to September 9

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

Location: Kenwick

Cost: Member: \$31, Non-Member: \$36

Exclusion dates: July 1

Date: Wednesdays, May 7 to September 10

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

Location: Blackwell

Cost: Member: \$33, Non-Member: \$38

Date: Wednesdays, May 7 to September 1

Time: 10:30 to 12:30 p.m.

Location: Cathcart

Cost: Member: \$33, Non-Member: \$38

Date: Thursdays, May 8 to September 11

Time: 3:30 to 5:30 p.m.

Location: Blackwell

Cost: Member: \$33, Non-Member: \$38

Date: Thursdays, May 22 to September 11

Time: 5:30 to 7:30 p.m.

Location: Germain

Cost: Member: \$30, Non-Member: \$34

Date: Fridays, May 9 to September 12

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

Location: Blackwell

Cost: Member: \$33, Non-Member: \$38

## 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.

### Sessions:

Date: Mondays, May 26 to September 8

Time: 5:30 to 7:30 p.m.

Location: Germain

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

Exclusion dates: August 4 and September 1

Date: Tuesdays, May 20 to September 9

Time: 5:30 to 7:30 p.m.

Location: Germain

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

Exclusion dates: July 1

Date: Wednesdays, May 7 to September 10

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

Location: Cathcart

Cost: Member: \$33, Non-Member: \$38

Date: Wednesdays, May 7 to September 10  
Time: 10:30 to 12:30 p.m.  
Location: Blackwell  
Cost: Member: \$33, Non-Member: \$38

Date: Thursdays, May 8 to September 11  
Time: 8:30 to 10:30 a.m.  
Location: Kenwick  
Cost: Member: \$33, Non-Member: \$38

Date: Fridays, May 9 to September 12  
8:30 to 10:30 a.m.  
Location: Cathcart  
Cost: Member: \$33, Non-Member: \$38

Session Date & Time: Saturdays, May 10 to September 13  
Time: 8:30 to 10:30 a.m.  
Location: Blackwell  
Cost: Member: \$33, Non-Member: \$38

## 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.

Date: Tuesdays, April 22 to October 28  
Time: 9:30 a.m. to 11:30 a.m.  
Location: Norm Perry Turf Field  
Cost: Member: \$26, Non-Member: \$30  
Exclusion dates: July 1 and September 30

# Arts & Culture



## Art in Canada: Coast to Coast

Instructor: Stewart Fanning

Art in Canada: Coast to Coast is a 2-hour, 8-week long, art program celebrating the diverse creativity across Canada. Highlighting different artists from one coast to the other, the program will focus on getting you experience in drawing, painting, and mixed media.

### Program Series:

- Tuesdays, 10 a.m. to noon — April 15 to June 3 (Member: \$140, Non-Member: \$161)  
Total sessions: 8

## 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 Series:

- Thursday, April 24 — 11:30 a.m. to 12:30 p.m. (Member: \$14, Non-Member: \$16)
- Thursday, May 29 — 11:30 a.m. to 12:30 p.m. (Member: \$14, Non-Member: \$16)
- Thursday, June 26 — 11:30 a.m. to 12:30 p.m. (Member: \$14, Non-Member: \$16)

## 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 Series:

- Mondays, 1 to 2:30 p.m. — April 7 to June 9 (Member: \$89, Non-Member: \$102)  
Total sessions: 8  
Exclusion dates: April 21 and May 19
- Mondays, 1 to 2:30 p.m. — June 23 to August 18 (Member: \$89, Non-Member: \$102)  
Total sessions: 8  
Exclusion dates: August 4



## 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 Series:

- Mondays, 2:45 to 4:15 p.m. — April 7 to June 9 (Member: \$89, Non-Member: \$102)  
Total sessions: 8  
Exclusion dates: April 21 and May 19
- Mondays, 2:45 to 4:15 p.m. — June 23 to August 18 (Member: \$89, Non-Member: \$102)  
Total sessions: 8  
Exclusion dates: August 4

## 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, April 28 - 2 to 4 p.m. — Stunning Rose Table Lamp (Member: \$77, Non-Member: \$88)
- Monday, May 26 – 2 to 4 p.m. – Rose Vase with String Lighting (Member: \$77, Non-Member: \$88)
- Monday, June 30 - 2 to 4 p.m. – Candle Holder with String Lights (Member: \$77, Non-Member: \$88)

## 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 Series:

- Tuesdays, 9 to 11 a.m. – April 1 to May 6 (Member: \$80, Non-Member: \$92)  
Total sessions: 6
- Tuesdays, 9 to 11 a.m. – May 20 to June 24 (Member: \$80, Non-Member: \$92)  
Total sessions: 6

## Spanish: Basic

Instructor: Petra Ramos & Diane Vienneau

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 Series:

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- Tuesdays, 2:45 to 4:15 p.m. — April 8 to May 27 (Member: \$134, Non-Member: \$154)  
Total sessions: 8
- Tuesdays, 2:45 to 4:15 p.m. — June 17 to August 12 (Member: \$134, Non-Member: \$154)  
Total sessions: 8  
Exclusion dates: July 1

## Spanish: Advanced

Instructor: Petra Ramos & Diane Vienneau

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

### Program Series:

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- Tuesdays, 1 to 2:30 p.m. — April 8 to May 27 (Member: \$134, Non-Member: \$154)  
Total sessions: 8
- Tuesdays, 1 to 2:30 p.m. — June 17 to August 12 (Member: \$134, Non-Member: \$154)  
Total sessions: 8  
Exclusion dates: July 1

# Hobbies & Special Interest



## 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 25, 11 a.m. to noon
- Friday, May 16, 11 a.m. to noon
- Friday, June 20, 11 a.m. to noon

## Guitar Lessons

Instructor: Dan Caraher

Our comprehensive guitar lessons cater to all skill levels, from complete beginners to advanced players. Our experienced instructor will provide personalized guidance to help you achieve your musical goals. Learn basic chords, whole note scales, minor pentatonic scales, how to read guitar tabs, learn some songs, and advance your skills. Join us to explore the world of guitar and unlock your musical potential!

### Program Series:

- Thursdays, 3 to 4 p.m. — April 10 to June 12 (Member: \$118, Non-Member: \$135)  
Total sessions: 10

## Intarsia Woodworking

Instructor: Jim Belrose

Intarsia is a collection of small wood pieces that are assembled 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 1st class you can go purchase the wood that will match your pattern.

### Program Series:

- Fridays, 9 a.m. 12 p.m. — May 23 to July 25 (Member: \$91, Non-Member: \$105)  
Total sessions: 10

## Learn to Crochet: Beginner

Instructor: Hendrika Kamerman

Come join us at Strangway to learn how to crochet in this 6-week course. You will need a crochet hook and a ball of yarn.

**Program Series:**

- Wednesdays, 2 to 4 p.m. — May 21 to June 25 (Member: \$65, Non-Member: \$75)  
Total sessions: 6

## 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 beginner's course. You will need to bring a 4.5 knitting needle and a ball of yarn.

**Program Series:**

- Wednesdays, 2 to 4 p.m. — April 9 to May 14 (Member: \$65, Non-Member: \$75)  
Total sessions: 6

## Rudimentary Tech Literacy

Instructor: Melissa Kelly

Familiarize yourself with essential programs, apps, the internet, and your own devices. We'll ensure everything operates at its best, so you can fully enjoy the advantages of our modern digital world. Please bring a pen, paper and your device(s).

**Program Series:**

- Wednesdays, 1:30 to 3:30 p.m. — June 4 to July 23 (Member: \$154, Non-Member: \$177)  
Total sessions: 8

## Ukulele Lessons

Instructor: Rick Clements

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

**Program Series:**

- Wednesdays, 11:30 a.m. to 12:30 p.m. — April 2 to May 14 (Member: \$27, Non-Member: \$33)  
Total sessions: 7

## Windows 11 Laptop: Basics

Instructor: Larry Gander

Learn the basics of operating/using a Windows 11 based laptop. Gain valuable knowledge and increase your confidence in this interactive learning experience. Entry level experience and a Windows 11 based operating laptop is required to bring to class. Beneficial to have an optical mouse. No tablets.

**Program Series:**

- Wednesdays, 10:15 to 11:15 a.m. — April 9 to May 14 (Member: \$103, Non-Member: \$118)  
Total sessions: 6

## 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 techniques. You will have your choice of creating a sofa snack table or a plant stand. Materials are supplied and included in the fee.

### Program Series:

- Fridays, 1 to 4 p.m. — April 4 to May 16 (Member: \$82, Non-Member: \$94)  
Total sessions: 6  
Exclusion dates: April 18



# Day Trips



## Kenny & Dolly at Bingemans

Dive into a delicious pre-show buffet at Bingemans, featuring a feast of breads, salads, hot entrees, and more! Then you will enjoy “Real Love”, a captivating tribute show starring Laurie Lynn and Alan Turner that recreates the magic of Dolly Parton and Kenny Rogers. Reserve your spot for a night of music, charm, and memories!

Wednesday, April 23, 2025

Member: \$192, Non-Member: \$220

Depart: 9:30 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 6:15 p.m.

Registration Deadline: April 1, 2025

# City Events



## Easter in the Park

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.

Saturday, April 19, 2025

Location: Canatara Park, Animal Farm

## Community Parks Clean Up Day

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.

Saturday, April 26, 2025

Location: Various city parks

## Sounds of Summer Concert Series

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.

Concerts begin Tuesday, June 3 until Thursday, August 21, 2025

Time: 7p.m.

Opening Night: Agora, Centennial Park (June 3, 2025)

Mondays: Bandshell, Canatara Park

Tuesdays: Seaway Kiwanis Pavilion, Canatara Park

Wednesdays: Gazebo, Kenwick Park

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

Dates and locations are subject to adjustments throughout the season. Check [sarnia.ca/events](https://sarnia.ca/events) for updates.



## Canada Day

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.

Tuesday, July 1, 2025

Location: Canatara Park and Centennial Park

## Kids Funfest

Saturday, August 16, 2024

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.



**All activities, dates, times, and costs are subject to change. For more information call 519-332-0656 or visit [www.sarnia.ca/Recreation](http://www.sarnia.ca/Recreation).**



## Notes

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**SARNIA**  
ONTARIO