



SARNIA
ONTARIO

CITY OF SARNIA

2025

**Fall
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/RecRegistration.

Memberships

Memberships open to residents aged 50 and over.

2025 Strangway Activity Membership (365 days) — \$66

Activity Members enjoy savings of about 15 per cent or more on programs. You do not need to be a Member to participate in programs.

2025 Drop-in Tokens:

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

2025 Hobby Shop Membership (365 days) — \$200

This Membership offers unlimited access to the Hobby Shop during regular hours, unless a wood-working program is in progress.

2025 Hobby Shop Passes:

- Half-Day Pass — \$8.25
- Full-Day Pass — \$14.00

Registration

Registration opens Tuesday, Sept 16, 2025, for the fall season of programming. Registration is required for instructor-led programs. Please note that you can register for programs at any point throughout the season. Strangway Community Centre programs are open to adults aged 20 and over.

For more information and to register, please visit www.sarnia.ca/RecRegistration

Registration can also be completed by:

- Calling 519-332-0656, Monday to Friday, 8:30 a.m. to 4:00 p.m.
- Visiting the Strangway Community Centre (260 East Street North, Sarnia) or City Hall (255 Christina Street North, Sarnia), Monday to Friday, 8:30 a.m. to 4:00 p.m.

Closure Dates

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

- National Day of Truth and Reconciliation - Tuesday, Sept 30, 2025
- Thanksgiving Day - Monday, Oct 13, 2025
- Remembrance Day - Tuesday, Nov 11, 2025
- Christmas and New Years - Closed at noon Dec 24, 2025, to January 2, 2026

Programming costs reflect holiday closures

Refund Policy and Waitlist

For full details on our refund policy, please visit www.sarnia.ca/Recreation.

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.

Please be aware that our registration software does not allow enrollment in programs with overlapping schedules. If you're willing to miss a date to attend a one-time program, please contact our front desk to register manually.

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: Sept 29 to Dec 19, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Hobby Shop[^] 9 a.m. to noon 1 to 4 p.m.	Hobby Shop[^] 9 a.m. to noon 1 to 4 p.m.	Hobby Shop[^] 9 a.m. to noon 1 to 4 p.m.	Hobby Shop[^] 9 a.m. to noon 1 to 4 p.m.	Hobby Shop[^] 9 a.m. to noon 1 to 4 p.m.
Billiards[*] 9 a.m. to 4 p.m.	Billiards[*] 9 a.m. to 4 p.m.	Billiards[*] 9 a.m. to 4 p.m.	Billiards[*] 9 a.m. to 4 p.m.	Billiards[*] 9 a.m. 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.	Community Connect 9 to 11 a.m.	Recreational Pickleball[*] 11:30 a.m. to 1:15 p.m.
Chess[*] 1:30 to 4 p.m.	Euchre[*] 1 to 4 p.m.	SUES (Ukulele)[*] 1 to 3:30 p.m.	Meditation with Richard 10 to 11 a.m.	Pepper[*] 1:45 to 4 p.m.
Jam Session[*] 2 to 4 p.m.	Recreational Pickleball[*] 2:15 to 4 p.m.	Pepper[*] 1:45 to 4 p.m.	Mahjong[*] 1 to 4 p.m.	
			Shuffleboard[*] 2:10 to 4 p.m.	

* Activity token applies — 2025 cost is \$3.25 Member, \$6.50 Non-Member

[^] Activity Pass or Membership applies — 2025 pass cost is \$8.25 for half day, \$14 for a full day;
2025 Hobby Shop Membership cost is \$200

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. Two-hour limit per token.

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

Carpet Bowling

Carpet bowling is a fun indoor twist on lawn bowling 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. You are welcome to bring your own snack and enjoy our complimentary hot beverage service during this informal social time.

Free

Euchre

Come enjoy friendly games of Euchre with no partner needed. Play, compete, and connect with others in a fun and welcoming atmosphere.

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 a half day and \$14.00 for a full day

2025 Membership (365 Days) for unlimited use: \$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.

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

Knit and Chat

Bring your knitting or crochet project and connect with others in a relaxed weekly group. Work on your craft, share ideas, and enjoy some good conversation.

Free

Mahjong

A game played with 144 tiles marked with suits, counters, and dice. Challenge your skill and strategy to create winning combinations in this exciting four-person game. This group plays 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.

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

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

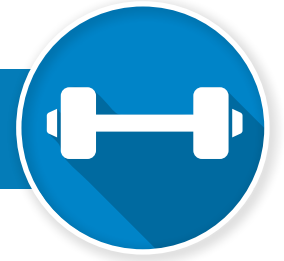
A fun group of ukulele enthusiasts who get together to jam. Please note you must know how to play the ukulele and have a ukulele to join. The Strangway Centre offers ukulele lessons.

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



SARNIA
O N T A R I O

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 associated with arthritis. Water exercises also lead to muscle strengthening, improvements in endurance, flexibility, and balance.

Program Series:

- | | | |
|---|--------------------------------------|---|
| • Mondays, 11 a.m. to noon
(Member: \$120, Non-Member: \$138) | Oct 6 to Dec 1
Total sessions: 8 | ID No: 16864
Exclusion dates: Oct 13 |
| • Wednesdays, 11 a.m. to noon
(Member: \$135, Non-Member: \$155) | Oct 8 to Dec 3
Total sessions: 9 | ID No: 16866 |
| • Fridays, 11 a.m. to noon
(Member: \$135, Non-Member: \$155) | Oct 10 to Dec 5
Total sessions: 9 | ID No: 16867 |

Beginner Pickleball Lessons

Instructor: Brian Mendonca

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

Beginner Program Series:

- | | | |
|---|--|---|
| • Mondays, 9 to 10 a.m.
(Member: \$18, Non-Member: \$21) | Sept 29 to Oct 27
Total sessions: 4 | ID No: 16870
Exclusion dates: Oct 13 |
|---|--|---|

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, 11:30 a.m. to 12:30 p.m.
(Member: \$42, Non-Member: \$52) | Sept 29 to Nov 3
Total sessions: 5 | ID No: 16959
Exclusion dates: Oct 13 |
| • Wednesdays, 11:30 a.m. to 12:30 p.m.
(Member: \$50, Non-Member: \$62) | Oct 1 to Nov 5
Total sessions: 6 | ID No: 16960 |
| • Fridays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Oct 3 to Nov 7
Total sessions: 6 | ID No: 16961 |
| • Mondays, 11:30 a.m. to 12:30 p.m. | Nov 10 to Dec 15 | ID No: 16964 |

(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Wednesdays, 11:30 a.m. to 12:30 p.m.	Nov 12 to Dec 17	ID No: 16965
(Member: \$42, Non-Member: \$52)	Total sessions: 5	Exclusion dates: Dec 3
• Fridays, 9 to 10 a.m.	Nov 14 to Dec 19	ID No: 16967
(Member: \$50, Non-Member: \$62)	Total sessions: 6	

Intermediate Program Series:

• Mondays, 10:15 to 11:15 a.m.	Sept 29 to Nov 3	ID No: 16972
(Member: \$42, Non-Member: \$52)	Total sessions: 5	Exclusion dates: Oct 13
• Wednesdays, 10:15 to 11:15 a.m.	Oct 1 to Nov 5	ID No: 16978
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Fridays, 10:15 to 11:15 a.m.	Oct 3 to Nov 7	ID No: 16979
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Fridays, 11:30 a.m. to 12:30 p.m.	Oct 3 to Nov 7	ID No: 16981
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Mondays, 10:15 to 11:15 a.m.	Nov 10 to Dec 15	ID No: 16983
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Wednesdays, 10:15 to 11:15 a.m.	Nov 12 to Dec 17	ID No: 16991
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Fridays, 10:15 to 11:15 a.m.	Nov 14 to Dec 19	ID No: 16996
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Fridays, 11:30 a.m. to 12:30 p.m.	Nov 14 to Dec 19	ID No: 16999
(Member: \$50, Non-Member: \$62)	Total sessions: 6	

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, 2 to 3 p.m.	Oct 2 to Nov 6	ID No: 17001
(Member: \$50, Non-Member: \$62)	Total sessions: 6	
• Thursdays, 2 to 3 p.m.	Nov 13 to Dec 18	ID No: 17002
(Member: \$50, Non-Member: \$62)	Total sessions: 6	

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:

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|---|---------------------------------------|--------------|
| • Tuesdays, 10:15 to 11:15 a.m.
(Member: \$42, Non-Member: \$52) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17003 |
| • Tuesdays, 10:15 to 11:15 a.m.
(Member: \$42, Non-Member: \$52) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 17004 |

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:

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|---|---------------------------------------|--------------|
| • Thursdays, 9:30 to 10:30 a.m.
(Member: \$50, Non-Member: \$62) | Oct 2 to Nov 6
Total sessions: 6 | ID No: 17007 |
| • Mondays, 12:30 to 1:30 p.m.
(Member: \$34, Non-Member: \$42) | Oct 20 to Nov 10
Total sessions: 4 | ID No: 17005 |
| • Thursdays, 9:30 to 10:30 a.m.
(Member: \$50, Non-Member: \$62) | Nov 13 to Dec 18
Total sessions: 6 | ID No: 17008 |
| • Mondays, 12:30 to 1:30 p.m.
(Member: \$42, Non-Member: \$52) | Nov 17 to Dec 15
Total sessions: 5 | ID No: 17006 |

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:

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|---|---------------------------------------|--------------|
| • Thursdays, 12:45 to 1:45 p.m.
(Member: \$50, Non-Member: \$62) | Oct 2 to Nov 6
Total sessions: 6 | ID No: 17009 |
| • Tuesdays, 12:45 to 1:45 p.m.
(Member: \$42, Non-Member: \$52) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17010 |
| • Thursdays, 12:45 to 1:45 p.m.
(Member: \$50, Non-Member: \$62) | Nov 13 to Dec 18
Total sessions: 6 | ID No: 17011 |
| • Tuesdays, 12:45 to 1:45 p.m.
(Member: \$42, Non-Member: \$52) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 17012 |

Dancercise

Instructor: Michelle Mitchell

Get ready to sweat, smile, and groove to your favorite 80s hits! Join instructor Michelle for a fun

easy-to-follow dance fitness class set to the unforgettable tunes from the 1980s. Whether you're a seasoned dancer or a total beginner, you'll enjoy simple choreographed steps, great cardio, and a blast from the past. No experience needed – just bring your energy and love for dancing!

Program Series:

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|--|---------------------------------------|--------------|
| • Tuesdays, 11:30 a.m. to 12:30 p.m.
(Member: \$42, Non-Member: \$52) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17443 |
| • Tuesdays, 11:30 a.m. to 12:30 p.m.
(Member: \$42, Non-Member: \$52) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 17446 |

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:

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|--|---------------------------------------|---|
| • Mondays, 9 to 10 a.m.
(Member: \$42, Non-Member: \$52) | Sept 29 to Nov 3
Total sessions: 5 | ID No: 17025
Exclusion dates: Oct 13 |
| • Wednesdays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Oct 1 to Nov 5
Total sessions: 6 | ID No: 17027 |
| • Mondays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Nov 10 to Dec 15
Total sessions: 6 | ID No: 17028 |
| • Wednesdays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Nov 12 to Dec 17
Total sessions: 6 | ID No: 17029 |

Flow Yoga

Instructor: Kelly-Lynn Musico

Join Kelly-Lynn, Registered Physiotherapist and Yoga Instructor, for a flow-style yoga class that nurtures strength, flexibility, and balance. We'll begin with breathwork to settle us into the present, easing into movements to warm the body and then adding some muscle building movements. The class moves through a fluid sequence of poses designed to build strength, length, and balance with variations offered throughout. We'll finish in stillness, allowing time to relax both body and mind. This is a 'most-levels' program, as participants must be able to safely and independently get up and down from the floor. Come join us!

Program Series:

- | | | |
|---|---------------------------------------|--------------|
| • Thursdays, 11:30 a.m. to 12:30 p.m.
(Member: \$50, Non-Member: \$62) | Oct 2 to Nov 6
Total sessions: 6 | ID No: 17350 |
| • Thursdays, 11:30 a.m. to 12:30 p.m.
(Member: \$50, Non-Member: \$62) | Nov 13 to Dec 18
Total sessions: 6 | ID No: 17351 |

Footcare

Instructor: Julie Coulombe

Footcare services provided by a Certified Master 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! Register online or contact the Centre to secure your 30-minute appointment: 519-332-0656. Full payment is now required at the time of booking.

Cost: \$45

Footcare Hours:

- Friday, Oct 3 — 9 a.m. to 3:30 p.m.
- Friday, Oct 17 — 9 a.m. to 3:30 p.m.
- Friday, Oct 31 — 9 a.m. to 3:30 p.m.
- Friday, Nov 14 — 9 a.m. to 3:30 p.m.
- Friday, Nov 28 — 9 a.m. to 3:30 p.m.
- Friday, Dec 12 — 9 a.m. to 3:30 p.m.

FunFit

Instructor: Carol Burkhart

FunFit is an engaging and rhythmic exercise session using weights, resistance bands, and body weight for a complete head-to-toe workout. All exercises can be adapted to suit individual abilities, so everyone can participate with confidence. The class focuses on muscle strength and endurance, cardiovascular health, coordination, balance, core stability, and flexibility. Please bring running shoes, a mat, and a water bottle.

Program Series:

- | | | |
|---|---------------------------------------|--------------|
| • Thursdays, 9 to 10 a.m.
(Member: \$42, Non-Member: \$49) | Oct 2 to Nov 6
Total sessions: 6 | ID No: 17033 |
| • Tuesdays, 9 to 10 a.m.
(Member: \$35, Non-Member: \$40) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17032 |
| • Thursdays, 9 to 10 a.m.
(Member: \$42, Non-Member: \$49) | Nov 13 to Dec 18
Total sessions: 6 | ID No: 17034 |
| • Tuesdays, 9 to 10 a.m.
(Member: \$35, Non-Member: \$40) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 1703 |

Golf Lessons

Instructor: Craig Hottot

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 pitching wedge and sand wedge to the first class. Lessons given by Craig Hottot, PGA of Canada Golf Professional.

Program Series:

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|---|---------------------------------------|--------------|
| • Mondays, 9 to 10 a.m.
(Member: \$77, Non-Member: \$88) | Nov 10 to Dec 15
Total sessions: 6 | ID No: 17036 |
|---|---------------------------------------|--------------|

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:

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|--|---------------------------------------|--------------|
| • Fridays, 10:15 to 11:15 a.m.
(Member: \$50, Non-Member: \$62) | Oct 3 to Nov 7
Total sessions: 6 | ID No: 17037 |
| • Fridays, 10:15 to 11:15 a.m.
(Member: \$50, Non-Member: \$62) | Nov 14 to Dec 19
Total sessions: 6 | ID No: 17038 |

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, 10:15 to 11:15 a.m.
(Member: \$34, Non-Member: \$39) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17080 |
| • Tuesdays, 10:15 to 11:15 a.m.
(Member: \$34, Non-Member: \$39) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 17081 |

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, 10:15 to 11:15 a.m.
(Member: \$34, Non-Member: \$39) | Sept 29 to Nov 3
Total sessions: 5 | ID No: 17082
Exclusion dates: Oct 13 |
| • Thursdays, 10:15 to 11:15 a.m.
(Member: \$40, Non-Member: \$46) | Oct 2 to Nov 6
Total sessions: 6 | ID No: 17083 |
| • Mondays, 10:15 to 11:15 a.m.
(Member: \$40, Non-Member: \$46) | Nov 10 to Dec 15
Total sessions: 6 | ID No: 17084 |
| • Thursdays, 10:15 to 11:15 a.m.
(Member: \$40, Non-Member: \$46) | Nov 13 to Dec 18
Total sessions: 6 | ID No: 17085 |

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. Each series is 8 weeks in duration. To register please contact Vanessa at 519-332-4444 or email vbarnes@alzheimersarnia.ca.

Program Series:

- Mondays, 1 to 2:45 p.m. Runs on an ongoing basis through the fall. Exclusion dates: Oct 13

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:

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|---|---------------------------------------|--------------|
| • Fridays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Oct 3 to Nov 7
Total sessions: 6 | ID No: 17143 |
| • Fridays, 9 to 10 a.m.
(Member: \$50, Non-Member: \$62) | Nov 14 to Dec 19
Total sessions: 6 | ID No: 17144 |

Reflexology

Instructor: Courtney Paulics

Reflexology is a natural therapy performed on the feet, based on the belief that specific reflex points correspond to glands, organs, and systems throughout the body. By stimulating these reflexes, the therapy encourages the body to function at its best. Sessions last between 30 and 45 minutes. Give your feet the care they deserve. Register online or contact the Centre to secure your appointment: 519-332-0656. Full payment is now required at the time of booking.

Cost: \$45

Reflexology Hours:

- Friday, Oct 10 — 9 a.m. to 3:30 p.m.
- Friday, Oct 24 — 9 a.m. to 3:30 p.m.
- Friday, Nov 7 — 9 a.m. to 3:30 p.m.
- Friday, Nov 21 — 9 a.m. to 3:30 p.m.
- Friday, Dec 5 — 9 a.m. to 3:30 p.m.
- Friday, Dec 19 — 9 a.m. to 3:30 p.m.

Stretch, Balance and Walk with Nordic Poles

Instructor: Kelly-Lynn Musico

Join Kelly-Lynn Musico, Registered Physiotherapist, to learn the proper technique for Nordic Pole walking. We'll begin with a warm-up using the poles to support balance and stretching exercises, followed by a guided walk. Nordic Pole walking is a great way to improve posture, strength, cardiovascular fitness, and balance, while reducing stress on the joints and enjoying the benefits of movement in the outdoors. This program will be outdoors, and poles are available at the Centre if you do not have your own.

Program Series:

- | | | |
|--|--------------------------------------|--------------|
| • Thursdays, 10:15 to 11:15 a.m.
(Member: \$32, Non-Member: \$40) | Oct 2 to Oct 23
Total sessions: 4 | ID No: 17145 |
|--|--------------------------------------|--------------|

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 a 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, 11:30 a.m. to 12:30 p.m.
(Member: \$33, Non-Member: \$38) | Oct 7 to Nov 4
Total sessions: 5 | ID No: 17146 |
| • Tuesdays, 11:30 a.m. to 12:30 p.m.
(Member: \$33, Non-Member: \$38) | Nov 18 to Dec 16
Total sessions: 5 | ID No: 17147 |

Tai Chi

Instructor: Jim Carrothers

Tai Chi helps improve joint flexibility, balance, breathing, and circulation, and is suitable for all levels of ability. A chair set option is available for those who prefer or require seated movement. Whether you're new to Tai Chi or continuing your practice, this class offers something new for everyone.

Program Series:

- | | | |
|--|---------------------------------------|--|
| • Wednesdays, 12:45 to 1:30 p.m.
(Member: \$40, Non-Member: \$46) | Oct 1 to Nov 5
Total sessions: 6 | ID No: 17155 |
| • Wednesdays, 12:45 to 1:30 p.m.
(Member: \$33, Non-Member: \$38) | Nov 12 to Dec 17
Total sessions: 5 | ID No: 17156
Exclusion dates: Dec 3 |

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 Autumn Pereira at 382-342-1307 or Autumn.Pereira@von.ca.

Program Series:

- Mondays, 3 to 4 p.m. Runs on an ongoing basis through the fall. Exclusion dates: Oct 13



SARNIA
O N T A R I O

Organized Sports



Registration for these Organized Indoor Sports will open on Tuesday, September 16, 2025, at 8:30 a.m.

Co-Ed Badminton

Dates: Tuesdays, October 7 to December 16
Time: 7:30 to 9:30 p.m.
Location: Holy Trinity Catholic School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18723
Exclusion dates: November 11

Dates: Thursdays, October 9 to December 18
Time: 7:30 to 9:30 p.m.
Location: Holy Trinity Catholic School Gymnasium
Cost: Member: \$19, Non-Member: \$22
Course ID: 18724
Exclusion dates: None

Co-Ed Basketball

Dates: Wednesdays, October 8 to December 17
Time: 8:30 to 10:30 p.m.
Location: Alexander Mackenzie Secondary School Gymnasium
Cost: Member: \$19, Non-Member: \$22
Course ID: 18726
Exclusion dates: None

Co-Ed Volleyball

Dates: Mondays, October 6 to December 15
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18727
Exclusion dates: October 13

Pickleball: Intermediate

Dates: Tuesdays, October 7 to December 16
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18729
Exclusion dates: November 11

Dates: Thursdays, October 9 to December 18
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: \$19, Non-Member: \$22
Course ID: 18730
Exclusion dates: None

Dates: Fridays, October 17 to December 19
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: \$16, Non-Member: \$18
Course ID: 18731
Exclusion dates: November 21

Dates: Fridays, October 17 to December 19
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: \$16, Non-Member: \$18
Course ID: 18732
Exclusion dates: November 21

Pickleball: Recreational

Dates: Tuesdays, October 7 to December 16
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18736
Exclusion dates: November 11

Dates: Wednesday, October 8 to December 17
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: \$19, Non-Member: \$22
Course ID: 18737
Exclusion dates: None

Dates: Tuesdays, October 7 to December 16
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18743
Exclusion dates: November 11

Dates: Thursdays, October 9 to December 18
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: \$18, Non-Member: \$21
Course ID: 18744
Exclusion dates: November 20

Pick-Up Hockey (50+)

Calling all hockey enthusiasts! You'll find a friendly environment on ice, where players of all skill levels are welcome to join our exhilarating pickup hockey league. Full hockey gear is mandatory, and remember to bring both light and dark jerseys, pucks, and your own water bottle. Our games are self-policed with no referees, promoting fair play and sportsmanship among participants. Lace up your skates and join us for an unforgettable experience on the ice!

Dates: Wednesdays, October 8 to December 17

Time: 8:30 to 9:30 a.m.

Location: Pat Stapleton Arena

Cost: Member: \$29, Non-Member: \$33

Course ID: 16346

Exclusion dates: None

Dates: Fridays, October 10 to December 19

Time: 8:30 to 9:30 a.m.

Location: Pat Stapleton Arena

Cost: Member: \$26, Non-Member: \$30

Course ID: 16347

Exclusion dates: November 28

*Zoomers Volleyball

Dates: Thursdays, October 9 to December 18

Time: 7:30 to 9:30 p.m.

Location: Errol Road Public School Gymnasium

Cost: Member: \$19, Non-Member: \$22

Course ID: 18728

Exclusion dates: None

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:

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|---|--------------------------------------|--------------|
| • Wednesdays, 9 a.m. to 11 a.m.
(Member: \$140, Non-Member: \$161) | Oct 15 to Dec 3
Total sessions: 8 | ID No: 17270 |
|---|--------------------------------------|--------------|

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:

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|--|--------------------------|--------------|
| • Thursday, Oct 30
(Member: \$14, Non-Member: \$16) | 11:30 a.m. to 12:30 p.m. | ID No: 17302 |
| • Thursday, Nov 27
(Member: \$14, Non-Member: \$16) | 11:30 a.m. to 12:30 p.m. | ID No: 17303 |

Drawing: The Basics

Instructor: Barbara Fisher

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

Program Series:

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|--|--|--------------|
| • Fridays, 2 to 4 p.m.
(Member: \$118, Non-Member: \$136) | Oct 17 to Dec 19
Total sessions: 10 | ID No: 17304 |
|--|--|--------------|

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, 12:45 to 2:15 p.m.
(Member: \$89, Non-Member: \$102) | Oct 20 to Dec 8
Total sessions: 8 | ID No: 17306 |
|--|--------------------------------------|--------------|

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, 2:30 to 4 p.m.
(Member: \$89, Non-Member: \$102) | Oct 20 to Dec 8
Total sessions: 8 | ID No: 17305 |
|--|--------------------------------------|--------------|

Floral Workshop

Instructor: Svetlana Grass

Join Svetlana to create your own unique table lamp. You will make a beautiful floral lamp using waterproof materials – stylish, durable, and 100% handmade by you! All supplies and tools are included. Leave with your own masterpiece! 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:

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|---|--|--------------|
| • Wednesday, Oct 8
(Member: \$77, Non-Member: \$88) | 10 a.m. to noon – Hydrangea Table Lamp | ID No: 17307 |
| • Wednesday, Dec 10
(Member: \$77, Non-Member: \$88) | 10 a.m. to noon – Peony Table Lamp | ID No: 17308 |

Italian: Basic

Instructor: Rosanna DiBrita

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

Program Series:

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|---|--|--------------|
| • Thursdays, 2:30 to 4 p.m.
(Member: \$106, Non-Member: \$122) | Oct 16 to Dec 18
Total sessions: 10 | ID No: 17318 |
|---|--|--------------|

Leather Carving: Intermediate

Instructor: Allen Williams

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

Program Series:

- Tuesdays, 9 to 11 a.m.
(Member: \$156, Non-Member: \$179)

Oct 21 to Dec 2
Total sessions: 6

ID No: 17321
Exclusion dates: Nov 11

Open Art Studio

Instructor: Barbara Fisher

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

Program Series:

- Mondays, 9 a.m. to noon
(Member: \$142, Non-Member: \$163)

Oct 6 to Dec 15
Total sessions: 10

ID No: 17322
Exclusion dates: Oct 13

Spanish: Advanced

Instructor: Petra Ramos & Diane Vienneau

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

Program Series:

- Tuesdays, 12:45 to 2:15 p.m.
(Member: \$134, Non-Member: \$154)

Oct 14 to Dec 9
Total sessions: 8

ID No: 17327
Exclusion dates: Nov 11

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:

- Tuesdays, 2:30 to 4 p.m.
(Member: \$134, Non-Member: \$154)

Oct 14 to Dec 9
Total sessions: 8

ID No: 17328
Exclusion dates: Nov 11

Watercolours: The Basics

Instructor: Barbara Fisher

A course designed for beginners. We will have fun as we learn the basics and fundamental skills to painting in watercolours. We will cover a wide variety of topics from materials, 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 Series:

- Tuesdays, 9 to 11:30 a.m.
(Member: \$130, Non-Member: \$149)

Oct 7 to Dec 16
Total sessions: 10

ID No: 17330
Exclusion dates: Nov 11

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, Oct 17	11 a.m. to noon	ID No: 17333
• Friday, Nov 21	11 a.m. to noon	ID No: 17334
• Friday, Dec 19	11 a.m. to noon	ID No: 17335

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:

• Wednesdays, noon to 1 p.m. (Member: \$118, Non-Member: \$135)	Oct 8 to Dec 17 Total sessions: 10	ID No: 17336 Exclusion dates: Dec 3
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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. (Member: \$65, Non-Member: \$75)	Oct 22 to Nov 26 Total sessions: 6	ID No: 17337
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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. (Member: \$154, Non-Member: \$177)	Oct 22 to Dec 17 Total sessions: 8	ID No: 17338 Exclusion dates: Dec 3
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Ukulele Lessons

Instructor: Rick Clements

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

Program Series:

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|--|---------------------------------------|--|
| • Wednesdays, 11:45 a.m. to 12:45 p.m.
(Member: \$27, Non-Member: \$33) | Oct 29 to Dec 17
Total sessions: 7 | ID No: 17339
Exclusion dates: Dec 3 |
|--|---------------------------------------|--|

Voices in Harmony

Instructor: Valerie Schmidt & Frank Brennan

Come join Val and Frank to enjoy musical genres from jazz to contemporary to sacred in traditional choral style. We will explore fun vocal warm-ups and technique as well as singing in two to four part harmony. Feed your soul in a fun, musical atmosphere.

Program Series:

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|--|--|--------------|
| • Fridays, 1 p.m. to 2:30 p.m.
(Member: \$127, Non-Member: \$148) | Oct 10 to Dec 12
Total sessions: 10 | ID No: 17340 |
|--|--|--------------|

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:

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|--|---------------------------------------|--------------|
| • Thursdays, 1 to 2 p.m.
(Member: \$103, Non-Member: \$118) | Oct 16 to Nov 20
Total sessions: 6 | ID No: 17341 |
|--|---------------------------------------|--------------|

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 be creating a plant stand. Materials are supplied and included in the fee.

Program Series:

- | | | |
|--|---------------------------------------|--------------|
| • Fridays, 1 to 4 p.m.
(Member: \$82, Non-Member: \$94) | Oct 17 to Nov 21
Total sessions: 6 | ID No: 17342 |
|--|---------------------------------------|--------------|

Facts and Chat



The Facts and Chat sessions at the Strangway Community Centre are offered in partnership with various community agencies to provide free informational presentations on a wide variety of topics.

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

Facts and Chats take place on Wednesday from 9:30 to 10:30 a.m.

Facts and Chat Series

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

- **October 1 – Healthy Brain: Reducing Your Risk** presented by Christine Wright, Alzheimer's Society
- **October 8 - Red Cross Community Services in Sarnia** presented by Tammy Fauteux, Red Cross
- **October 15 - Fraud Prevention** presented by Constable Nicholas Mclean, Sarnia Police
- **October 22 - Brain Injury Association of Sarnia Lambton** presented by Lori Girolametto
- **October 29 - Fall Prevention** presented by Khrista Boon, VON
- **November 5 – Fall Cleanup: City's Waste Collection Services** presented by Emily Robson, City of Sarnia
- **November 12 - Normal Memory Loss vs Dementia** presented by Christine Wright, Alzheimer's Society
- **November 19 - How Climate Change Affects Your Microbes** presented by Allan Mckeown, Climate Action Sarnia Lambton
- **November 26 – Investing in People, Strengthening Sarnia-Lambton** presented by Ryan Doyle, United Way
- **December 3 - Fire Prevention** presented by Mike Otis, Sarnia Fire
- **December 10 - Bio-Diversity** presented by Mike Smalls, Climate Action Sarnia Lambton
- **December 17 – Journey of Care: Hospice Support from Diagnosis to Grief Recovery** presented by Joy Cooke, St. Joseph's Hospice

Day Trips



The Elvis Christmas Show

Savour a stellar pre-show buffet lunch at Bingemans, featuring fresh breads, salads, hot entrees, potatoes, vegetables, desserts, and more! Then enjoy The Elvis Christmas Show, a rockin' tribute starring award-winning impersonators Jay Zanier and James Gibb, performing the King's greatest hits and holiday classics. Plus, shop for sweet treats and last-minute gifts at Esta Chocolates—offering everything from signature truffles to handmade artisanal delights. We'll have a "Blue Christmas" without you, join the fun!

Wednesday, December 3, 2025

Member: \$195, Non-Member: \$224

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

Approximate Return: 7 p.m.

Registration Deadline: November 13, 2025

All activities, dates, times, and costs are subject to change. For more information call 519-332-0656 or visit www.sarnia.ca/RecRegistration.

City Events



Fright Night at Cana-Scare-A Park

Saturday, October 25, 2025

Location: Canatara Park

Time: 5 p.m. to 10 p.m.

Get your costumes ready and join us for a hauntingly good time at Canatara Park! With free, self-guided haunts for all ages, trick or treat stations, and more, Fright Night at Cana-Scare-A Park is a chance for some Halloween fun the whole family can enjoy.

Christmas on the Farm

Friday, December 5, 2025, to Saturday, December 6, 2025

Location: Canatara Park

Time: 5:30 p.m. to 9 p.m., 10 a.m. to 2 p.m.

Come celebrate the holiday season at Christmas on the Farm! The whole family can enjoy horse and carriage rides, roasting chestnuts, hot apple cider, and making Christmas-themed crafts. Write a letter to Santa, visit Mrs. Claus for story time, and do some Christmas caroling! Santa Claus will be making a visit on Saturday at 1 p.m.



SARNIA
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