SARNIA
ONTARIO

CITY OF SARNIA

2026

Winter Recreation Guide





Contents

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.

2026 Strangway Activity Membership (365 days) - $67

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

2026 Drop-in Tokens:

- Member Drop-in Tokens - $3.50
- Non-Member Drop-in Tokens - $6.50

2026 Hobby Shop Membership (365 days) - $204

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

2026 Hobby Shop Passes:

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

Registration

Registration opens Tuesday, December 16, 2025, for the winter 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 our website at: www.sarnia.ca/RecRegistration

Registration can also be completed by:

- Calling 519-332-0656 — Monday to Friday, 8:30 a.m. to 4 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.

Open House

Have a question about a program? Looking to see a demonstration? Want a tour of the facility? Then come stop by the Strangway Community Centre (260 East St North) on Saturday, March 7, 2026, for our Open House! It will run from 9:30 a.m. to noon.

Closure Dates

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

- New Year's Day – Thursday, January 1, 2026
- Family Day – Monday, February 16, 2026
- Programming costs reflect holiday closures

Refunds, Waitlists & Details

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.

The Strangway Community Centre is proudly funded in part through the Seniors Active Living Centre Program, which supports initiatives that promote active, healthy, and engaged lifestyles for older adults.

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: Jan 5 to March 27, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Hobby Shop^ 9 a.m. to noon 1 to 4 p.m. **Billiards*** 9 a.m. to 4 p.m. **Knit & Chat** 10 a.m. to noon **Chat & Play** 1:30 to 3:30 p.m. **Jam Session*** 2 to 4 p.m.	**Hobby Shop^** 9 a.m. to noon 1 to 4 p.m. **Billiards*** 9 a.m. to 4 p.m. **Social Bridge*** 1 to 4 p.m. **Euchre*** 1 to 4 p.m. **Recreational Pickleball*** 2:15 to 4 p.m.	**Hobby Shop^** 9 a.m. to noon 1 to 4 p.m. **Billiards*** 9 a.m. to 4 p.m. **Carpet Bowling*** 9 to 11 a.m. **SUES (Ukulele)*** 1 to 3:30 p.m. **Pepper*** 1:45 to 4 p.m.	**Hobby Shop^** 9 a.m. to noon 1 to 4 p.m. **Billiards*** 9 a.m. to 4 p.m. **Chat & Play** 9 to 11 a.m. **Meditation with Richard** 10 to 11 a.m. **Shuffleboard*** 2:10 to 4 p.m.	**Hobby Shop^** 9 a.m. to noon 1 to 4 p.m. **Billiards*** 9 a.m. to 4 p.m. **Recreational Pickleball*** 11:30 a.m. to 1:15 p.m. **Pepper*** 1:45 to 4 p.m.

*Activity Token applies – 2026 cost is $3.50 Member, $6.50 Non-Member

^Hobby Shop Pass or Membership applies – 2026 pass cost is $8.25 for half day, $14 for a full day; 2026 Hobby Shop Membership cost is $204

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: $3.50, 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: $3.50, Non-Member Token: $6.50

Chat & Play

Drop in and enjoy a relaxed mix of conversation and casual games with fellow community members. Whether you'd like to share stories over a cup of coffee, play a round of crib, challenge someone to scrabble or chess, or work together on a puzzle, this is a welcoming space to connect, unwind, and have fun. Complimentary hot beverages are provided, and you're welcome to bring your own snack.

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: $3.50, 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.

2026 Passes: $8.25 for a half day and $14.00 for a full day

2026 Membership (365 Days) for unlimited use: $204

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: $3.50, 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

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: $3.50, 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: $3.50, 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: $3.50, 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: $3.50, 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: $3.50, 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 associated with arthritis. Water exercises also lead to muscle strengthening, improvements in endurance, flexibility, and balance.

Program Series:

- Mondays, 11 a.m. to noon .....Jan 5 to Feb 23.....ID No: 19214
  (Member: $112, Non-Member: $129) .....Total Sessions: 7..... Exclusion dates: Feb 16
- Wednesdays, 11 a.m. to noon .....Jan 7 to Feb 25.....ID No: 19216
  (Member: $128, Non-Member: $147) .....Total Sessions: 8
- Fridays, 11 a.m. to noon .....Jan 9 to Feb 27.....ID No: 19218
  (Member: $128, Non-Member: $147) .....Total Sessions: 8
- Mondays, 11 a.m. to noon .....Mar 2 to Apr 27.....ID No: 19215
  (Member: $112, Non-Member: $129) .....Total Sessions: 7..Exclusion dates: Mar 16, Apr 6
- Wednesdays, 11 a.m. to noon .....Mar 4 to Apr 29.....ID No: 19217
  (Member: $128, Non-Member: $147) .....Total Sessions: 8.....Exclusion dates: Mar 18
- Fridays, 11 a.m. to noon .....Mar 6 to May 1.....ID No: 19219
  (Member: $112, Non-Member: $129) .....Total Sessions: 7..Exclusion dates: Mar 20, Apr 3

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.

Program Series:

- Mondays, 9 to 10 a.m.....Jan 5 to Feb 2.....ID No: 19151
  (Member: $18, Non-Member: $21) .....Total Sessions: 4..... Exclusion dates: Jan 26
- Mondays, 9 to 10 a.m.....Mar 2 to Mar 23.....ID No: 19152
  (Member: $18, Non-Member: $21) .....Total Sessions: 4

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. ..... Jan 5 to Feb 9 ..... ID No: 19253
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Wednesdays, 11:30 a.m. to 12:30 p.m. ..... Jan 7 to Feb 11 ..... ID No: 19257
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 9 to 10 a.m. ..... Jan 9 to Feb 13 ..... ID No: 19259
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Mondays, 11:30 a.m. to 12:30 p.m. ..... Feb 23 to Mar 23 ..... ID No: 19254
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5
- Wednesdays, 11:30 a.m. to 12:30 p.m. ..... Feb 18 to Mar 25 ..... ID No: 19258
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 9 to 10 a.m. ..... Feb 20 to Mar 27 ..... ID No: 19260
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

Intermediate Program Series:

- Mondays, 10:15 to 11:15 a.m. ..... Jan 5 to Feb 9 ..... ID No: 19250
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Wednesdays, 10:15 to 11:15 a.m. ..... Jan 7 to Feb 11 ..... ID No: 19255
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m. ..... Jan 9 to Feb 13 ..... ID No: 19261
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m. ..... Jan 9 to Feb 13 ..... ID No: 19263
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Mondays, 10:15 to 11:15 a.m. ..... Feb 23 to Mar 23 ..... ID No: 19252
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5
- Wednesdays, 10:15 to 11:15 a.m. ..... Feb 18 to Mar 25 ..... ID No: 19256
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m. ..... Feb 20 to Mar 27 ..... ID No: 19262
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m. ..... Feb 20 to Mar 27 ..... ID No: 19264
  (Member: $52, Non-Member: $64) ..... 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 towards 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. ..... Jan 8 to Feb 12 ..... ID No: 19248
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Thursdays, 2 to 3 p.m. ..... Feb 19 to Mar 26 ..... ID No: 19249
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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:

- Tuesdays, 10:15 to 11:15 a.m. ..... Jan 6 to Feb 10 ..... ID No: 19140
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5 ..... Exclusion dates: Feb 3
- Thursdays, 10:15 to 11:15 a.m. ..... Jan 8 to Feb 12 ..... ID No: 19143
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m. ..... Feb 24 to Mar 24 ..... ID No: 19141
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5
- Thursdays, 10:15 to 11:15 a.m. ..... Feb 26 to Mar 26 ..... ID No: 19144
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5

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, 12:45 to 1:45 p.m. ..... Jan 6 to Feb 10 ..... ID No: 19244
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Thursdays, 12:45 to 1:45 p.m. ..... Jan 8 to Feb 12 ..... ID No: 19246
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Tuesdays, 12:45 to 1:45 p.m. ..... Feb 17 to Mar 24 ..... ID No: 19245
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

- Thursdays, 12:45 to 1:45 p.m. ..... Feb 19 to Mar 26 ..... ID No: 19247
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

Dancercise

Instructor: Michelle Mitchell

Get ready to sweat, smile, and groove to your favorite 80's hits! Join instructor Michelle for a fun easy-to-follow dance fitness class set to the unforgettable tunes from the 1980's. 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:

- Thursdays, 11:30 a.m. to 12:30 p.m. ..... Jan 8 to Feb 12 ..... ID No: 19221
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Thursdays, 11:30 a.m. to 12:30 p.m. ..... Feb 19 to Mar 26 ..... ID No: 19222
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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, 9 to 10 a.m. ..... Jan 5 to Feb 9 ..... ID No: 19240
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Wednesdays, 9 to 10 a.m. ..... Jan 7 to Feb 11 ..... ID No: 19242
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Mondays, 9 to 10 a.m. ..... Feb 23 to Mar 23 ..... ID No: 19241
  (Member: $43, Non-Member: $53) ..... Total Sessions: 5
- Wednesdays, 9 to 10 a.m. ..... Feb 18 to Mar 25 ..... ID No: 19243
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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. ..... Jan 8 to Feb 12 ..... ID No: 19212
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Thursdays, 11:30 a.m. to 12:30 p.m. ..... Feb 19 to Mar 26 ..... ID No: 19213
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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, January 9 ..... 9 a.m. to 3:30 p.m.
- Friday, January 23 ..... 9 a.m. to 3:30 p.m.
- Friday, February 6 ..... 9 a.m. to 3:30 p.m.
- Friday, February 20 ..... 9 a.m. to 3:30 p.m.
- Friday, March 6 ..... 9 a.m. to 3:30 p.m.
- Friday, March 20 ..... 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:

- Tuesdays, 9 to 10 a.m. ..... Jan 6 to Feb 10 ..... ID No: 19196
  (Member: $43, Non-Member: $50) ..... Total Sessions: 6
- Thursdays, 9 to 10 a.m. ..... Jan 8 to Feb 12 ..... ID No: 19198
  (Member: $43, Non-Member: $50) ..... Total Sessions: 6
- Tuesdays, 9 to 10 a.m. ..... Feb 17 to Mar 24 ..... ID No: 19197
  (Member: $43, Non-Member: $50) ..... Total Sessions: 6
- Thursdays, 9 to 10 a.m. ..... Feb 19 to Mar 26 ..... ID No: 19199
  (Member: $43, Non-Member: $50) ..... Total Sessions: 6

Gentle Yoga

Instructor: Ann Bending

In this beginner-friendly class we will take time to feel how we move and create space in our bodies while immersed in a tranquil setting. We will safely observe and build stability through broad ranges of movement. You will be holding and flowing through yoga poses followed by a brief guided meditation bringing body and mind into balance.

Program Series:

- Tuesdays, 11:30 a.m. to 12:30 p.m. .....Jan 6 to Feb 10.....ID No: 19666
  (Member: $43, Non-Member: $53).....Total Sessions: 5..... Exclusion dates: Feb 3
- Tuesdays, 11:30 a.m. to 12:30 p.m. .....Feb 24 to Mar 24.....ID No: 19667
  (Member: $43, Non-Member: $53).....Total Sessions: 5

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:

- Fridays, 10:15 to 11:15 a.m.....Jan 9 to Feb 13.....ID No: 19227
  (Member: $52, Non-Member: $64).....Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m.....Feb 20 to Mar 27.....ID No: 19228
  (Member: $52, Non-Member: $64).....Total Sessions: 6

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. .....Jan 6 to Feb 10.....ID No: 19210
  (Member: $41, Non-Member: $47).....Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m. .....Feb 17 to Mar 24.....ID No: 19211
  (Member: $41, Non-Member: $47).....Total Sessions: 6

Line Dancing: Intermediate

Instructor: Diane Gorton

Level up your line dancing! Prior line dancing experience is required. This class is not suitable for beginners. 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. ..... Jan 5 to Feb 9 ..... ID No: 19206
  (Member: $41, Non-Member: $47) ..... Total Sessions: 6
- Mondays, 10:15 to 11:15 a.m. ..... Feb 23 to Mar 23 ..... ID No: 19207
  (Member: $34, Non-Member: $39) ..... Total Sessions: 5

Line Dancing: Mixed Genre

Instructor: Michelle Mitchell

Enjoy a fun and energetic class for all levels! Learn mini line dance routines inspired by a variety of dance and music styles, including Waltz, Tango, Foxtrot, Country, Quickstep, Cha Cha, Rumba, Samba, Swing, Salsa, Merengue, Cabaret, and modern movement. A great way to boost your mood, energy, and overall health!

Program Series:

- Thursdays, 10:15 to 11:15 a.m. ..... Jan 8 to Feb 12 ..... ID No: 19798
- (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m. ..... Feb 19 to Mar 26 ..... ID No: 19799
- (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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.

Runs on an ongoing basis through the winter.

Program Series:

- Mondays, 1 to 2:45 p.m. ..... Exclusion dates: Feb 16

Qigong

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! A seated option is available in this class.

Program Series:

- Fridays, 9 to 10 a.m. ..... Jan 9 to Feb 13 ..... ID No: 19225
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6
- Fridays, 9 to 10 a.m. ..... Feb 20 to Mar 27 ..... ID No: 19226
  (Member: $52, Non-Member: $64) ..... Total Sessions: 6

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, January 16 ..... 9 a.m. to 3 p.m.
- Friday, January 30 ..... 9 a.m. to 3 p.m.
- Friday, February 13 ..... 9 a.m. to 3 p.m.
- Friday, February 27 ..... 9 a.m. to 3 p.m.
- Friday, March 13 ..... 9 a.m. to 3 p.m.
- Friday, March 27 ..... 9 a.m. to 3 p.m.

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. ..... Jan 7 to Feb 11 ..... ID No: 19181
  (Member: $41, Non-Member: $47) ..... Total Sessions: 6
- Wednesdays, 12:45 to 1:30 p.m. ..... Feb 18 to Mar 25 ..... ID No: 19182
  (Member: $41, Non-Member: $47) ..... Total Sessions: 6

VON SMART FUN-ctional Fitness

In partnership with the VON SMART Program this research and evidence based fall prevention and exercise class 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 Derek Blonsky at 519-331-1159 or Derek.Blonsky@von.ca

Runs on an ongoing basis through the winter.

Program Series:

- Mondays, 3 to 4 p.m. ..... Exclusion dates: Feb 16

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Organized Sports

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

Co-Ed Badminton

Dates: Tuesdays, January 20 to May 12
Time: 7:30 to 9:30 p.m.
Location: Holy Trinity Catholic School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 18995
Exclusion dates: March 17

Dates: Thursdays, January 22 to May 14
Time: 7:30 to 9:30 p.m.
Location: Holy Trinity Catholic School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 18996
Exclusion dates: March 19

Co-Ed Basketball

Dates: Wednesdays, January 14 to March 25
Time: 8:30 to 10:30 p.m.
Location: Alexander Mackenzie Secondary School Gymnasium
Cost: Member: $19, Non-Member: $22
Course ID: 18990
Exclusion dates: March 18

Co-Ed Volleyball

Dates: Mondays, January 19 to May 11
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: $27, Non-Member: $31
Course ID: 18993
Exclusion dates: February 16, March 16 and April 6

Pickleball: Intermediate

Dates: Tuesdays, January 20 to May 12
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 19003
Exclusion dates: March 17

Dates: Thursdays, January 22 to May 14
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 19004
Exclusion dates: March 19

Dates: Fridays, January 23 to May 15
Time: 7:30 to 9:30 p.m.
Location: St. Matthew Catholic School Gymnasium
Cost: Member: $25, Non-Member: $29
Course ID: 19005
Exclusion dates: January 30, March 20, April 3 and April 24

Dates: Fridays, January 23 to May 15
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: $25, Non-Member: $29
Course ID: 19002
Exclusion dates: January 30, March 20, April 3 and April 24

Pickleball: Recreational

Dates: Tuesdays, January 20 to May 12
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 19000
Exclusion dates: March 17

Dates: Tuesdays, January 20 to May 12
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 18998
Exclusion dates: March 17

Dates: Wednesday, January 21 to May 13
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 19001
Exclusion dates: March 18

Dates: Thursdays, January 22 to May 14
Time: 7:30 to 9:30 p.m.
Location: Brights Grove Public School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 18999
Exclusion dates: March 19

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, January 14 to March 25
Time: 8:30 to 9:30 a.m.
Location: Pat Stapleton Arena
Cost: Member: $30, Non-Member: $35
Course ID: 19028
Exclusion dates: None

Dates: Fridays, January 23 to March 20
Time: 8:30 to 9:30 a.m.
Location: Pat Stapleton Arena
Cost: Member: $22, Non-Member: $25
Course ID: 19030
Exclusion dates: February 20

Zoomers Volleyball

Dates: Thursdays, January 22 to May 14
Time: 7:30 to 9:30 p.m.
Location: Errol Road Public School Gymnasium
Cost: Member: $30, Non-Member: $35
Course ID: 18994
Exclusion dates: March 19

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Arts & Culture

Art in Canada

Instructor: Stewart Fanning

Art in Canada 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:

- Wednesdays, 9 to 11 a.m. .....Jan 21 to Mar 11 .....ID No: 19070
  (Member: $143, Non-Member: $164) .....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, Jan 29 ..... 11:30 a.m. to 12:30 p.m.....ID No: 19186
  (Member: $14, Non-Member: $16)
- Thursday, Feb 26..... 11:30 a.m. to 12:30 p.m.....ID No: 19187
  (Member: $14, Non-Member: $16)
- Thursday, Mar 26..... 11:30 a.m. to 12:30 p.m.....ID No: 19188
  (Member: $14, Non-Member: $16)

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:

- Fridays, 2 to 4 p.m. ..... Jan 16 to Mar 20.....ID No: 19156
  (Member: $120, Non-Member: $138) ..... Total Sessions: 10

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 (counting, telling time, days, months and seasons, money and credit cards, small talk, meals and restaurants).

Program Series:

- Mondays, 12:45 to 2:15 p.m.....Jan 19 to Mar 16..... ID No: 19160
  (Member: $91, Non-Member: $105).....Total Sessions: 8..... Exclusion dates: Feb 16

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. .....Jan 19 to Mar 16.....ID No: 19161
  (Member: $91, Non-Member: $105).....Total Sessions: 8..... Exclusion dates: Feb 16

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 and more specific details, please visit us online.

Program Series:

- Wednesday, Jan 14 – 10 a.m. to noon. .....Peony Vase Light.....ID No: 19229
  (Member: $79, Non-Member: $91)
- Wednesday, Mar 25 – 10 a.m. to noon .....Giant Rose.....ID No: 19230
  (Member: $79, Non-Member: $91)

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. .....Jan 27 to Mar 3..... ID No: 19163
  (Member: $82, Non-Member: $94) .....Total Sessions: 6

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.....Jan 12 to Mar 23.....ID No: 19154
  (Member: $145, Non-Member: $167) ..... Total Sessions: 10..... Exclusion dates: Feb 16

Spanish: Advanced

Instructor: Petra Ramos & Diane Vienneau

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

Program Series:

- Tuesdays, 12:45 to 2:15 p.m.....Jan 20 to Mar 10.....ID No: 19176
  (Member: $137, Non-Member: $158).....Total Sessions: 8

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.....Jan 20 to Mar 10.....ID No: 19177
  (Member: $137, Non-Member: $158).....Total Sessions: 8

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. .....Jan 13 to Mar 17.....ID No: 19155
  (Member: $133, Non-Member: $153) ..... Total Sessions: 10

Hobbies & Special Interest

Beginner Lathe Woodworking

Instructor: Walt Vanderhoeven

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

Program Series:

- Mondays, 9 a.m. to noon ..... Jan 12 to Feb 2 ..... ID No: 19135
  (Member: $83, Non-Member: $95) ..... Total Sessions: 4

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.

Program Series:

- Friday, Jan 16 ..... 11 a.m. to noon ..... ID No: 19190
- Friday, Feb 20 ..... 11 a.m. to noon ..... ID No: 19191
- Friday, Mar 20 ..... 11 a.m. to noon ..... ID No: 19192

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!!

Program Series:

- Wednesdays, noon to 1 p.m. ..... Jan 14 to Mar 18 ..... ID No: 19184
  (Member: $120, Non-Member: $138) ..... Total Sessions: 10

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 Series:

- Wednesdays, 2 to 4 p.m. ..... Feb 4 to Mar 11 ..... ID No: 19183
  (Member: $66, Non-Member: $76) ..... 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. .....Jan 21 to Mar 11 .....ID No: 19231
  (Member: $157, Non-Member: $180).....Total Sessions: 8

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:

- Wednesdays, 11:45 a.m. to 12:45 p.m. .....Jan 28 to Mar 11 .....ID No: 19185
  (Member: $28, Non-Member: $34) .....Total Sessions: 7

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:

- Fridays, 1:30 to 3 p.m. ..... Jan 16 to Mar 20.....ID No: 19189
  (Member: $129, Non-Member: $149)..... Total Sessions: 10

Women's Woodworking for Beginners

Instructor: Susan Brooks

Build your confidence in the hobby shop and gain practical skills. Students will become comfortable with various woodworking tools and techniques. You will be creating a plant stand. * Please note: Wood is not included in the program fee and must be purchased separately by participants. All other essential materials are provided.

Program Series:

- Fridays, 1 to 4 p.m. .....Feb 20 to Mar 27..... ID No: 19131
  (Member: $115, Non-Member: $132) .....Total Sessions: 6

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.

- **January 14 – Tips for Caring for Someone Living with Dementia** presented by Christine Wright, Alzheimer's Society
- **January 21 – Fire Prevention** presented by Mike Otis, Sarnia Fire
- **January 28 – Red Cross Community Services in Sarnia** presented by Tammy Fauteux, Red Cross
- **February 4 – Changes to the City's Waste Master Plan** presented by Emily Robson, City of Sarnia Environmental Services
- **February 11 – Navigating Strangway's Online Registration Portal** presented by Mike Neely, City of Sarnia Activities Programmer
- **February 18 – Social Media and Internet Safety** presented by Constable Nicholas Mclean, Sarnia Police Service
- **February 25 – The Death Box Method: Taking the Fear out of Advanced Care Planning** presented by Jillian Beaupre, St. Josephs Hospice
- **March 4 – Brain Injury Association of Sarnia Lambton** presented by Lori Girolametto, Brain Injury Association of Sarnia Lambton
- **March 11 – The Importance of Naturalization** presented by Bryana Mclaughlin, City of Sarnia Parkland Planning Services
- **March 18 – Canadian Hearing Services** presented by Marli Fearnall, Canadian Hearing Services
- **March 25 – Healthy Brain: Reducing Your Risk** presented by Christine Wright, Alzheimer's Society

Day Trips

St Lawrence Market & Little Canada

Browse one of Ontario's finest markets. Choose from hundreds of vendors with a wonderful selection of farm-fresh foods, antiques, crafts, imported goods and more! You can even enjoy lunch on your own at one of the many on-site restaurants. Feel free to pack a cooler for any goodies you may find. Additionally, you will discover the sights and sounds of our great country on a miniature scale! Little Canada is a unique attraction that will unleash your childlike sense of wonder, discovery, and curiosity.

Wednesday, March 25, 2026
Member: $155, Non-Member: $178
Depart: 8 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)
Approximate Return: 7:30 p.m.
Registration Deadline: March 1, 2026

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

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