



SARNIA
ONTARIO

CITY OF SARNIA

2026

**Spring
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.

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, March 17, 2026, for the spring 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.

Closure Dates

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

- Good Friday – Friday, April 3, 2026
- Easter Monday – Monday, April 6, 2026
- Victoria Day – Monday, May 18, 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 enrolment 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 (SALC) 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: March 30 to June 26, 2026

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.				
Knit & Chat 10 a.m. to noon	Social Bridge* 1 to 4 p.m.	Carpet Bowling* 9 to 11 a.m.	Chat & Play 9 to 11 a.m.	Recreational Pickleball* 11:30 a.m. to 1:15 p.m.
Chat & Play 1:30 to 3:30 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.		Pepper* 1:45 to 4 p.m.	Mahjong* 1 to 4 p.m.	
			Shuffleboard* 2:10 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

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.

Member Token: \$3.50, 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: \$3.50, 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.

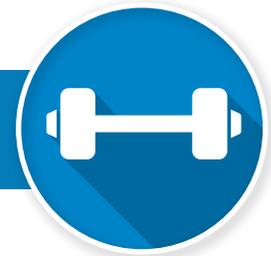
Member Token: \$3.50, Non-Member Token: \$6.50

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 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

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, 10:15 to 11:15 a.m. Mar 30 to May 11 ID No: 20071
(Member: \$52, Non-Member: \$64) Total Sessions: 6..... Exclusion dates: Apr 6
- Mondays, 11:30 a.m. to 12:30 p.m. Mar 30 to May 11 ID No: 20073
(Member: \$52, Non-Member: \$64) Total Sessions: 6..... Exclusion dates: Apr 6
- Wednesdays, 10:15 to 11:15 a.m. Apr 1 to May 13 ID No: 20080
(Member: \$60, Non-Member: \$74)..... Total Sessions: 7
- Fridays, 9 to 10 a.m. Apr 10 to May 15 ID No: 20088
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Mondays, 10:15 to 11:15 a.m. May 25 to June 22 ID No: 20072
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Mondays, 11:30 a.m. to 12:30 p.m. May 25 to June 22 ID No: 20074
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Wednesdays, 10:15 to 11:15 a.m. May 20 to June 24 ID No: 20081
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Fridays, 9 to 10 a.m. May 22 to June 26 ID No: 20089
(Member: \$52, Non-Member: \$64) Total Sessions: 6

Intermediate Program Series:

- Mondays, 9 to 10 a.m.....Mar 30 to May 11 ID No: 20068
(Member: \$52, Non-Member: \$64)Total Sessions: 6..... Exclusion dates: Apr 6
- Wednesdays, 9 to 10 a.m.....Apr 1 to May 13.....ID No: 20078
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Wednesdays, 11:30 a.m. to 12:30 p.m.Apr 1 to May 13..... ID No: 20082
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Fridays, 10:15 to 11:15 a.m..... Apr 10 to May 15.....ID No: 20091
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m.Apr 10 to May 15..... ID No: 20093
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Mondays, 9 to 10 a.m.....May 25 to June 22.....ID No: 20070
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Wednesdays, 9 to 10 a.m.....May 20 to June 24.....ID No: 20079
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Wednesdays, 11:30 a.m. to 12:30 p.m.May 20 to June 24..... ID No: 20083
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m.....May 22 to June 26..... ID No: 20092
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m.May 22 to June 26..... ID No: 20094
(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.....Apr 2 to May 14..... ID No: 20086
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Thursdays, 2 to 3 p.m..... May 21 to June 25..... ID No: 20087
(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. Mar 31 to May 5 ID No: 20142
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m. Apr 2 to May 7 ID No: 20144
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m. May 12 to June 23 ID No: 20143
(Member: \$52, Non-Member: \$64) Total Sessions: 6 Exclusion dates: June 2
- Thursdays, 10:15 to 11:15 a.m. May 14 to June 25 ID No: 20145
(Member: \$60, Non-Member: \$74) Total Sessions: 7

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. Mar 31 to May 12 ID No: 20075
(Member: \$60, Non-Member: \$74) Total Sessions: 7
- Thursdays, 12:45 to 1:45 p.m. Apr 2 to May 14 ID No: 20084
(Member: \$60, Non-Member: \$74) Total Sessions: 7
- Tuesdays, 12:45 to 1:45 p.m. May 19 to June 23 ID No: 20076
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Thursdays, 12:45 to 1:45 p.m. May 21 to June 25 ID No: 20085
(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:

- Tuesdays, 2 to 3 p.m. Mar 31 to May 12 ID No: 20057
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Tuesdays, 2 to 3 p.m. May 19 to June 23 ID No: 20058
(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. Apr 2 to May 14 ID No: 20707
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Thursdays, 11:30 a.m. to 12:30 p.m. May 21 to June 25 ID No: 20708
(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, April 17 9 a.m. to 1:30 p.m.
- Friday, May 1 9 a.m. to 1:30 p.m.
- Friday, May 15 9 a.m. to 1:30 p.m.
- Friday, May 29 9 a.m. to 1:30 p.m.
- Friday, June 12 9 a.m. to 1:30 p.m.
- Friday, June 26 9 a.m. to 1:30 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.....Mar 31 to May 12.....ID No: 19988
(Member: \$50, Non-Member: \$58).....Total Sessions: 7
- Thursdays, 9 to 10 a.m.Apr 2 to May 14.....ID No: 19990
(Member: \$50, Non-Member: \$58).....Total Sessions: 7
- Tuesdays, 9 to 10 a.m..... May 19 to June 23.....ID No: 19989
(Member: \$43, Non-Member: \$50).....Total Sessions: 6
- Thursdays, 9 to 10 a.m. May 21 to June 25..... ID No: 19991
(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.Mar 31 to May 5..... ID No: 20137
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 11:30 a.m. to 12:30 p.m. May 12 to June 23.....ID No: 20141
(Member: \$52, Non-Member: \$64)Total Sessions: 6..... Exclusion dates: June 2

Golf Lessons

Instructor: Ken Hicken

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

Program Series:

- Mondays, 9 to 10 a.m.....Mar 30 to May 11 ID No: 20149
(Member: \$78, Non-Member: \$90)Total Sessions: 6..... Exclusion dates: Apr 6

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..... Apr 10 to May 15..... ID No: 20065
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m.....May 22 to June 26..... ID No: 20066
(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. Mar 31 to May 12 ID No: 20182
(Member: \$48, Non-Member: \$55) Total Sessions: 7
- Tuesdays, 10:15 to 11:15 a.m. May 19 to June 23 ID No: 20183
(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. Mar 30 to May 11 ID No: 20180
(Member: \$41, Non-Member: \$47) Total Sessions: 6 Exclusion dates: Apr 6
- Mondays, 10:15 to 11:15 a.m. May 25 to June 22 ID No: 20181
(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. Apr 2 to May 14 ID No: 20061
(Member: \$60, Non-Member: \$74) Total Sessions: 7
- Thursdays, 10:15 to 11:15 a.m. May 21 to June 25 ID No: 20062
(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.

Program Series:

- Mondays, 1 to 2:45 p.m.runs on an ongoing basis through the spring
Exclusion dates: Apr 6, May 18

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. Apr 10 to May 15 ID No: 20063
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 9 to 10 a.m. May 22 to June 26 ID No: 20064
(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, April 10 9 a.m. to 3 p.m.
- Friday, April 24 9 a.m. to 3 p.m.
- Friday, May 8 9 a.m. to 3 p.m.
- Friday, May 22 9 a.m. to 3 p.m.
- Friday, June 5 9 a.m. to 3 p.m.
- Friday, June 19 9 a.m. to 3 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, 12:45 to 1:45 p.m.....Apr 2 to Apr 23.....ID No: 20709
(Member: \$33, Non-Member: \$41).....Total Sessions: 4
- Thursdays, 12:45 to 1:45 p.m..... May 7 to May 28..... ID No: 20710
(Member: \$33, Non-Member: \$41).....Total Sessions: 4
- Thursdays, 12:45 to 1:45 p.m.....June 4 to June 25.....ID No: 20711
(Member: \$33, Non-Member: \$41).....Total Sessions: 4

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. This class will get you through the first 17 to 25 movements.

Program Series:

- Wednesdays, 12:45 to 1:30 p.m.Apr 1 to May 13.....ID No: 20021
(Member: \$48, Non-Member: \$55).....Total Sessions: 7

Tao Yin Yoga

Instructor: Michelle Mitchell

This gentle, total-flow class begins with stretching, strengthening, and core exercises on the mat, then moves into standing breathwork with slow, controlled movements. Designed for the mindful seeker, it emphasizes ease rather than stiff stretching or long holds. The focus is on present-moment awareness, integrating breath and movement through standing flows. The breathwork supports improved full-body circulation throughout the organ systems, enhancing overall vitality. This class offers accessible movement for beginners and a contemplative experience for those with more practice. Come try it and experience something new—you may be amazed!

Program Series:

- Tuesdays, 3:15 to 4 p.m. Mar 31 to May 12..... ID No: 20059
(Member: \$47, Non-Member: \$61)Total Sessions: 7
- Tuesdays, 3:15 to 4 p.m. May 19 to June 23..... ID No: 20060
(Member: \$40, Non-Member: \$52)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.

Program Series:

- Mondays, 3 to 4 p.m. runs on an ongoing basis through the spring
Exclusion dates: Apr 6, May 18

Organized Sports



Adult Recreational Tennis

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

Dates: Monday through Friday, Apr 27 to Oct 30

Time: 8 to 11 a.m.

Location: Germain

Cost: Member: \$37, Non-Member: \$43

Course ID: 20123

Exclusion dates: May 18, July 1, Aug 3, Sep 7, Sep 30, Oct 12

Men's Recreational Two-Pitch (55+)

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

Dates: Tuesdays, May 5 to Oct 6

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

Location: Clearwater Diamond 1 and 2

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

Course ID: 20097

Men's Recreational Two-Pitch (60+)

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

Dates: Thursdays, May 14 to Sep 24

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

Location: Clearwater Diamond 1

Cost: Member: \$18, Non-Member: \$21

Course ID: 20004

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.

Dates: Thursdays, Apr 30 to Oct 15

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

Location: Clearwater Diamond 2

Cost: Member: \$20, Non-Member: \$23

Course ID: 20096

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.

Dates: Mondays, May 4 to Sep 21

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

Location: Blackwell

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

Course ID: 20027

Exclusion dates: May 18, Aug 3, Sep 7

Dates: Mondays, May 4 to Sep 21

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

Location: Cathcart

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

Course ID: 20028

Exclusion dates: May 18, Aug 3, Sep 7

Dates: Tuesdays, May 5 to Sep 22

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

Location: Kenwick

Cost: Member: \$39, Non-Member: \$45

Course ID: 20030

Dates: Wednesdays, May 6 to Sep 23

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

Location: Blackwell

Cost: Member: \$37, Non-Member: \$43

Course ID: 20032

Exclusion dates: July 1

Dates: Wednesdays, May 6 to Sep 23
Time: 10:30 a.m. to 12:30 p.m.
Location: Cathcart
Cost: Member: \$37, Non-Member: \$43
Course ID: 20035
Exclusion dates: July 1

Dates: Thursdays, May 7 to Sep 24
Time: 3:30 to 5:30 p.m.
Location: Blackwell
Cost: Member: \$39, Non-Member: \$45
Course ID: 20037

Dates: Thursdays, May 21 to Sep 24
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$35, Non-Member: \$40
Course ID: 20038

Dates: Fridays, May 8 to Sep 25
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$39, Non-Member: \$45
Course ID: 20039

Pickleball: Recreational

Join this fun group for a few games of pickleball! A great way to be active and socialize.

Dates: Mondays, May 25 to Sep 21
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$30, Non-Member: \$34
Course ID: 20029
Exclusion dates: Aug 3, Sep 7

Dates: Tuesdays, May 19 to Sep 22
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$35, Non-Member: \$40
Course ID: 20031

Dates: Wednesdays, May 6 to Sep 23

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

Location: Cathcart

Cost: Member: \$37, Non-Member: \$43

Course ID: 20033

Exclusion dates: July 1

Dates: Wednesdays, May 6 to Sep 23

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

Location: Blackwell

Cost: Member: \$37, Non-Member: \$43

Course ID: 20034

Exclusion dates: July 1

Dates: Thursdays, May 7 to Sep 24

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

Location: Kenwick

Cost: Member: \$39, Non-Member: \$45

Course ID: 20036

Dates: Fridays, May 8 to Sep 25

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

Location: Cathcart

Cost: Member: \$39, Non-Member: \$45

Course ID: 20040

Dates: Saturdays, May 9 to Sep 26

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

Location: Blackwell

Cost: Member: \$39, Non-Member: \$45

Course ID: 20041

Walking Soccer (35+ & Co-ed)

Recreational and sociable game of walking soccer. Great for soccer enthusiasts who cannot run.

Tackling is not allowed. Group splits into two teams. Played on a turf surface.

Dates: Tuesdays, Apr 21 to Oct 27

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

Location: Norm Perry Turf Field

Cost: Member: \$27, Non-Member: \$31

Course ID: 20003

Arts & Culture



All Things Drawing

Instructor: Stewart Fanning

Learn how to draw using a variety of techniques and mediums, from pastel to ink. This introductory program welcomes adults of all skill levels and explores foundational skills, creative exercises, and hands-on practice to help you build confidence and discover your artistic style.

Program Series:

- Mondays, 10 a.m. to noon..... Apr 13 to June 8..... ID No: 20187
(Member: \$143, Non-Member: \$164)Total Sessions: 8..... Exclusion dates: May 18

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, 10 a.m. to noon..... Apr 15 to June 3..... ID No: 20019
(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, Apr 23, 11:30 a.m. to 12:30 p.m..... ID No: 20130
(Member: \$14, Non-Member: \$16)
- Thursday, May 28, 11:30 a.m. to 12:30 p.m..... ID No: 20131
(Member: \$14, Non-Member: \$16)
- Thursday, June 25, 11:30 a.m. to 12:30 p.m. ID No: 20132
(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 (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..... Apr 13 to June 8.....ID No: 19948
(Member: \$91, Non-Member: \$105).....Total Sessions: 8..... Exclusion dates: May 18

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..... Apr 13 to June 8.....ID No: 19949
(Member: \$91, Non-Member: \$105).....Total Sessions: 8..... Exclusion dates: May 18

Floral Workshop

Instructor: Svetlana Grass

Join Svetlana for a hands-on creative floral workshop where you'll design and create a unique light-and-vase décor piece. Using waterproof materials, participants will shape and assemble floral elements to produce a stylish, durable, and fully handmade piece to take home the same day. Leave with your own masterpiece! All supplies and tools are included. These workshops are suitable for everyone, and each workshop will feature a different design. To view photos of projects and more specific details, please visit us online.

Program Series:

- Thursday, Apr 9, 11:30 a.m. to 1:30 p.m..... Rose Vase Light..... ID No: 20124
(Member: \$79, Non-Member: \$91)
- Thursday, May 14, 11:30 a.m. to 1:30 p.m..... Peony Vase Light..... ID No: 20125
(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. Apr 21 to May 26.....ID No: 19992
(Member: \$82, Non-Member: \$94)Total Sessions: 6

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..... Apr 14 to June 2.....ID No: 19986
(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..... Apr 14 to June 2.....ID No: 19987
(Member: \$137, Non-Member: \$158)Total Sessions: 8

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.

Program Series:

- Friday, Apr 17, 11 a.m. to noon.....ID No: 20001
- Friday, May 15, 11 a.m. to noonID No: 20001
- Friday, June 19, 11 a.m. to noonID No: 20001

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..... Apr 15 to June 17.....ID No: 19996
(Member: \$120, Non-Member: \$138) 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:

- Thursdays, 2 to 4 p.m.....Apr 16 to May 21ID No: 19998
(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. Apr 15 to June 3 ID No: 19995
(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. Apr 15 to May 27 ID No: 19997
(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. Apr 17 to June 19 ID No: 20126
(Member: \$129, Non-Member: \$149) Total Sessions: 10

Day Trips



Niagara Maid of the Mist & Bird Kingdom

Enjoy an included lunch at the beloved Betty's Restaurant. After lunch, board the iconic Maid of the Mist for a memorable Niagara City Cruise and experience the breathtaking power of Niagara Falls up close. The adventure continues with a visit to Bird Kingdom, the world's largest free-flying indoor aviary. Stroll through multi-level rainforest pathways and encounter hundreds of tropical birds. This outing combines great food, spectacular sights, and an immersive wildlife experience.

Wednesday, June 10, 2026

Member: \$253, Non-Member: \$290

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

Approximate Return: 7:30 p.m.

Registration Deadline: May 19, 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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