



SARNIA
ONTARIO

CITY OF SARNIA

2026

**Fall
Recreation Guide**



Contents

Memberships..... 3

Registration..... 3

Closure Dates..... 4

Refunds, Waitlists & Details 4

Drop-in Programs..... 5

Fitness & Wellness 8

Organized Indoor Sports..... 17

Arts & Culture 20

Hobbies & Special Interest..... 23

Facts and Chat 26

Day Trips..... 27

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 approximately 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 at **9 a.m. on Tuesday, September 15, 2026**, 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 our website at:

www.sarnia.ca/RecRegistration

On registration day, you can register by:

- Calling 519-332-0656 or 519-332-0330 ext. 3131 between 9 a.m. to 4 p.m.
- Visiting the Strangway Community Centre (260 East St N., Sarnia) or City Hall (255 Christina St N., Sarnia) between 9 a.m. to 4 p.m.
- Going online and registering as of 9 a.m.

Strangway Centre Details

Address: 260 East St N.

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.

Phone: 519-332-0656

Closure Dates

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

- National Day of Truth and Reconciliation – Wednesday, Sept 30, 2026
- Thanksgiving Day – Monday, Oct 12, 2026
- Remembrance Day – Wednesday, Nov 11, 2026
- Christmas and New Years – Closed at noon Dec 24, 2026, to Jan 4, 2027

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 is automatically 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 Strangway staff 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: Sept 28 to Dec 18, 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.	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 & Chat 10 a.m. to noon	Chat & Play 10 a.m. to noon	Carpet Bowling* 9 to 11 a.m.	Meditation with Richard 10 to 11 a.m.	Recreational Pickleball* 11:30 a.m. to 1:15 p.m.
Jam Session* 2 to 4 p.m.	Social Bridge* 1 to 4 p.m.	SUES (Ukulele)* 1 to 3:30 p.m.	Mahjong* 1 to 4 p.m.	Pepper* 1:45 to 4 p.m.
	Euchre* 1 to 4 p.m.	Pepper* 1:45 to 4 p.m.	Shuffleboard* 2:10 to 4 p.m.	
	Recreational Pickleball* 2:15 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 365-Day 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 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: \$3.50, 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 encouraged 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.

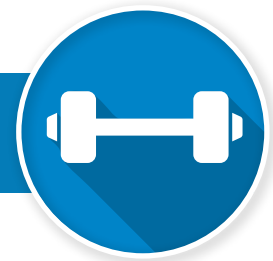
Member Token: \$3.50, Non-Member Token: \$6.50

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 Sept 28 to Dec 14 ID No: 26971
(Member: \$176, Non-Member: \$202) Total Sessions: 11 Excl. dates: Oct 12
- Wednesdays, 11 a.m. to noon Oct 7 to Dec 16 ID No: 26973
(Member: \$160, Non-Member: \$184) Total Sessions: 10 Excl. dates: Nov 11
- Fridays, 11 a.m. to noon Oct 2 to Dec 18 ID No: 26974
(Member: \$192, Non-Member: \$221) Total Sessions: 12

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. Nov 30 to Dec 21 ID No: 26952
(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, 10:15 to 11:15 a.m. Sept 28 to Nov 2 ID No: 26976
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Oct 12, Oct 26
- Mondays, 11:30 a.m. to 12:30 p.m. Sept 28 to Nov 2 ID No: 26978
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Oct 12, Oct 26
- Wednesdays, 10:15 to 11:15 a.m. Oct 7 to Nov 4 ID No: 26981
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Fridays, 9 to 10 a.m. Oct 2 to Nov 6 ID No: 26983

- (Member: \$52, Non-Member: \$64)Total Sessions: 6
- Mondays, 10:15 to 11:15 a.m.Nov 9 to Dec 14..... ID No: 26977
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Mondays, 11:30 a.m. to 12:30 p.m.Nov 9 to Dec 14..... ID No: 26980
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Wednesdays, 10:15 to 11:15 a.m.Nov 18 to Dec 16..... ID No: 26982
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Fridays, 9 to 10 a.m.Nov 13 to Dec 18..... ID No: 26985
(Member: \$52, Non-Member: \$64)Total Sessions: 6

Intermediate Program Series:

- Mondays, 9 to 10 a.m.Sept 28 to Nov 2..... ID No: 26989
(Member: \$34, Non-Member: \$42)Total Sessions: 4..... Excl. dates: Oct 12, Oct 26
- Wednesdays, 9 to 10 a.m.Oct 7 to Nov 4..... ID No: 26993
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Wednesdays, 11:30 a.m. to 12:30 p.m.Oct 7 to Nov 4..... ID No: 26995
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Fridays, 10:15 to 11:15 a.m.Oct 2 to Nov 6..... ID No: 26997
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m.Oct 2 to Nov 6..... ID No: 26999
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Mondays, 9 to 10 a.m.Nov 9 to Dec 14..... ID No: 26992
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Wednesdays, 9 to 10 a.m.Nov 18 to Dec 16..... ID No: 26994
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Wednesdays, 11:30 a.m. to 12:30 p.m.Nov 18 to Dec 16..... ID No: 26996
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Fridays, 10:15 to 11:15 a.m.Nov 13 to Dec 18..... ID No: 26998
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m.Nov 13 to Dec 18..... ID No: 27000
(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:

- Tuesdays, 11:30 a.m. to 12:30 p.m.Sept 29 to Nov 3ID No: 26947
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 2 to 3 p.m. Oct 1 to Nov 5 ID No: 26950
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 11:30 a.m. to 12:30 p.m.Nov 10 to Dec 15ID No: 26949
(Member: \$43, Non-Member: \$53)Total Sessions: 5Excl. dates: Nov 17
- Thursdays, 2 to 3 p.m.Nov 12 to Dec 17 ID No: 26951
(Member: \$43, Non-Member: \$53)Total Sessions: 5Excl. dates: Dec 3

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.Sept 29 to Nov 3ID No: 26935
(Member: \$43, Non-Member: \$53)Total Sessions: 5Excl. dates: Oct 6
- Thursdays, 10:15 to 11:15 a.m. Oct 1 to Nov 5ID No: 26937
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m.Nov 10 to Dec 15 ID No: 26936
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m.Nov 12 to Dec 17 ID No: 26938
(Member: \$52, Non-Member: \$64)Total Sessions: 6

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. Sept 29 to Nov 3 ID No: 26931
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Thursdays, 12:45 to 1:45 p.m. Oct 1 to Nov 5 ID No: 26933
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Tuesdays, 12:45 to 1:45 p.m. Nov 10 to Dec 15 ID No: 26932
(Member: \$43, Non-Member: \$53) Total Sessions: 5 Excl. dates: Nov 17
- Thursdays, 12:45 to 1:45 p.m. Nov 12 to Dec 17 ID No: 26934
(Member: \$43, Non-Member: \$53) Total Sessions: 5 Excl. dates: Dec 3

Dancercise

Instructor: Michelle Mitchell

Get ready to sweat, smile, and groove to your favourite 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, 9 to 10 a.m. Oct 1 to Nov 5 ID No: 26929
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Thursdays, 9 to 10 a.m. Nov 12 to Dec 17 ID No: 26930
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Nov 26, Dec 3

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. Oct 1 to Nov 5ID No: 26924
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 11:30 a.m. to 12:30 p.m. Nov 12 to Dec 17ID No: 26926
(Member: \$43, Non-Member: \$53)Total Sessions: 5Excl. dates: Dec 3

Footcare

Instructor: Julie Coulombe

Footcare services provided by a Certified Master Pedicurist. The clinic can accommodate the following conditions: reduce callouses, thickened nails, remove 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 required at the time of booking. To help keep appointments on schedule, arrivals more than 10 minutes late cannot be guaranteed an appointment time. No refunds will be issued for late arrivals.

Cost: \$45

Footcare Hours:

- Friday, October 2 — 9 a.m. to 1:30 p.m.
- Friday, October 16 — 9 a.m. to 1:30 p.m.
- Friday, October 30 — 9 a.m. to 1:30 p.m.
- Friday, November 13 — 9 a.m. to 1:30 p.m.
- Friday, November 27 — 9 a.m. to 1:30 p.m.
- Friday, December 11 — 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. Sept 29 to Nov 3 ID No: 26920
(Member: \$43, Non-Member: \$50) Total Sessions: 6
- Thursdays, 9 to 10 a.m. Oct 1 to Nov 5 ID No: 26921
(Member: \$43, Non-Member: \$50) Total Sessions: 6
- Tuesdays, 9 to 10 a.m. Nov 10 to Dec 15 ID No: 26922
(Member: \$43, Non-Member: \$50) Total Sessions: 6
- Thursdays, 9 to 10 a.m. Nov 12 to Dec 17 ID No: 26923
(Member: \$36, Non-Member: \$42) Total Sessions: 5 Excl. dates: Dec 3

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. Sept 29 to Nov 3 ID No: 26893
(Member: \$43, Non-Member: \$53) Total Sessions: 5 Excl. dates: Oct 6
- Tuesdays, 11:30 a.m. to 12:30 p.m. Nov 10 to Dec 15 ID No: 26894
(Member: \$52, Non-Member: \$64) Total Sessions: 6

Golf Lessons

Instructor: Ron Cupick

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. Sept 28 to Nov 16 ID No: 26891
(Member: \$112, Non-Member: \$129) Total Sessions: 6 Excl. dates: Oct 12, Oct 26

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. Oct 2 to Nov 6 ID No: 26889
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Fridays, 10:15 to 11:15 a.m. Nov 13 to Dec 18 ID No: 26890
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Nov 27, Dec 4

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. Sept 29 to Nov 3 ID No: 26884
(Member: \$41, Non-Member: \$47) Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m. Nov 10 to Dec 15 ID No: 26885
(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. Sept 28 to Nov 2 ID No: 26882
(Member: \$27, Non-Member: \$31) Total Sessions: 4 Excl. dates: Oct 12, Oct 26
- Mondays, 10:15 to 11:15 a.m. Nov 9 to Dec 14 ID No: 26883
(Member: \$41, Non-Member: \$47) Total Sessions: 6

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. Oct 1 to Nov 5 ID No: 26854
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m. Nov 12 to Dec 17 ID No: 26855
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Nov 26, Dec 3

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 Excl. dates: Oct 12, Oct 26

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. Oct 2 to Nov 6 ID No: 26852
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Fridays, 9 to 10 a.m. Nov 13 to Dec 18 ID No: 26853
(Member: \$34, Non-Member: \$42) Total Sessions: 4 Excl. dates: Nov 27, Dec 4

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. Oct 1 to Oct 22 ID No: 26927
(Member: \$34, Non-Member: \$42) Total Sessions: 4

Tai Chi: Beginner/Continuing

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 will guide you through the first 17 to 25 movements.

Program Series:

- Wednesdays, 12:45 to 1:30 p.m. Oct 7 to Nov 4 ID No: 26850
(Member: \$34, Non-Member: \$39) Total Sessions: 5
- Wednesdays, 12:45 to 1:30 p.m. Nov 18 to Dec 16 ID No: 26851
(Member: \$34, Non-Member: \$39) Total Sessions: 5

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 fall Excl. dates: Oct 12, Oct 26

Organized Indoor Sports



Organized Indoor Sports listed below with an asterisk (*) attached to the title will have details updated when they have been finalized with the Lambton Kent & St Clair Catholic District School Boards. **Registration for these (*) programs will open on Tuesday, September 15, 2026, at 9 a.m.** Typical start dates for pickleball, badminton, basketball, and volleyball are towards the beginning of October.

Co-Ed Badminton*

Recreational badminton, players will divide into teams upon arrival. Bring your own racket and birdies.

Dates: TBD
Time: TBD
Location: TBD
Cost: TBD
Course ID: TBD
Exclusion dates: TBD

Co-Ed Basketball*

Recreational basketball for adults to split up into two groups to play. Participants must have knowledge of the game. Games will not be refereed. You will need to bring your own basketballs.

Dates: TBD
Time: TBD
Location: TBD
Cost: TBD
Course ID: TBD
Exclusion dates: TBD

Co-Ed Volleyball*

Join us for pick up volleyball and a lot of fun. Come on out, regardless of skill, for a fun form of exercise.

Dates: TBD
Time: TBD
Location: TBD
Cost: TBD
Course ID: TBD
Exclusion dates: TBD

Pickleball: Intermediate*

Come out for exercise, socialization and fun in our pickleball leagues. There is no instruction, so it is in your best interest to select the skill level best suited to you. Balls and paddles are supplied but you are encouraged to bring your own.

Dates: TBD
Time: TBD
Location: TBD
Cost: TBD
Course ID: TBD
Exclusion dates: TBD

Pickleball: Recreational*

Join this fun group for a few games of pickleball! A great way to be active and socialize. Paddles are supplied but you are encouraged to bring your own.

Dates: TBD
Time: TBD
Location: TBD
Cost: TBD
Course ID: TBD
Exclusion dates: TBD

Pick-Up Hockey (50+)

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. Goalie Exception: To help ensure adequate goaltending coverage, the 50+ age restriction does not apply to goalies. If this goalie exception applies to you, you will need to call to register.

Dates: Wednesdays, Oct 7 to Dec 16

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

Location: Pat Stapleton Arena

Cost: Member: \$27, Non-Member: \$32

Course ID: 26959

Exclusion dates: Nov 11

Dates: Fridays, Oct 9 to Dec 18

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

Location: Pat Stapleton Arena

Cost: Member: \$27, Non-Member: \$32

Course ID: 26960

Exclusion dates: Dec 4

Zoomers Volleyball*

Join us for pick up volleyball and a lot of fun. Come on out, regardless of skill, for a fun form of exercise.

Dates: TBD

Time: TBD

Location: TBD

Cost: TBD

Course ID: TBD

Exclusion dates: TBD

Arts & Culture



All Things Drawing: Basics

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:

- Fridays, 2 to 4 p.m. Oct 9 to Nov 27 ID No: 26834
(Member: \$143, Non-Member: \$164) Total Sessions: 8

Art in Canada: Basics

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, 2 to 4 p.m. Oct 7 to Dec 2 ID No: 26836
(Member: \$143, Non-Member: \$164) Total Sessions: 8 Excl. dates: Nov 11

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, Oct 29 11:30 a.m. to 12:30 p.m. ID No: 26848
(Member: \$14, Non-Member: \$16)
- Thursday, Nov 26 11:30 a.m. to 12:30 p.m. ID No: 26849
(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..... Oct 19 to Dec 14..... ID No: 26815
(Member: \$91, Non-Member: \$105).....Total Sessions: 8.....Excl. dates: Oct 26

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..... Oct 19 to Dec 14..... ID No: 26816
(Member: \$91, Non-Member: \$105).....Total Sessions: 8.....Excl. dates: Oct 26

German: Basic

Instructor: James Sim

Learn basic German for beginners or those with some knowledge. Focus will be on learning basic skills like greetings, numbers, basic sentences, and civilities.

Program Series:

- Wednesdays, 2:30 to 4 p.m..... Oct 14 to Dec 9..... ID No: 26845
(Member: \$91, Non-Member: \$105).....Total Sessions: 8..... Excl. dates: Nov 11

Spanish: Advanced

Instructor: Diane Vienneau & Petra Ramos

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

Program Series:

- Tuesdays, 12:45 to 2:15 p.m..... Oct 13 to Dec 1ID No: 26822
(Member: \$137, Non-Member: \$158).....Total Sessions: 8

Spanish: Basic

Instructor: Diane Vienneau & Petra Ramos

This course is an introduction to help you carry on a conversation in Spanish. You will learn how to order from a menu, tell time, shopping terms, reading signs, and various travel terms.

Program Series:

- Tuesdays, 2:30 to 4 p.m. Oct 13 to Dec 1 ID No: 26823
(Member: \$137, Non-Member: \$158) Total Sessions: 8

The Clay Experience: Handbuilding Pottery

Instructor: Beth Turnbull

Have you always wanted to try pottery but find the wheel intimidating, or can't find the time, expert instruction, or equipment? In this 3-class series you will learn the skills to create beautiful and functional pottery pieces, such as mugs, platters, bowls, ornaments, and more. You will create your works from raw stoneware clay, paint them with colourful clay slips, and finally have your pieces glazed and fired to the highest standards for functionality and food safety. All your creations will be complete and ready for pickup within a few weeks of our class end date. All tools and materials are supplied. Participants are encouraged to wear clothing that is easily laundered. Instruction is provided by a practicing professional potter with over 20 years of teaching experience.

Program Series:

- Thursdays, 10:30 a.m. to 12:30 p.m. Oct 8 to Oct 22 ID No: 26844
(Member: \$225, Non-Member: \$259) Total Sessions: 3

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:

- Mondays, 9 to 11:30 a.m. Sept 28 to Dec 14 ID No: 26820
(Member: \$133, Non-Member: \$153) Total Sessions: 10 Excl. dates: Oct 12, Oct 26

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, Oct 16 11 a.m. to noon..... ID No: 26843
- Friday, Nov 20 11 a.m. to noon..... ID No: 26843
- Friday, Dec 18 11 a.m. to noon..... ID No: 26843

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.....Oct 7 to Dec 16.....ID No: 26825
(Member: \$120, Non-Member: \$138) Total Sessions: 10..... Excl. dates: Nov 11

Learn to Knit or Crochet: Beginner

Instructor: Hendrika Kamerman

Interested in learning to knit or crochet? Join us for this 6-week beginner course where you can choose which craft you’d like to learn. Whether you’re picking up knitting needles or a crochet hook for the first time, our instructor will guide you through the basics and help you build your skills in a welcoming and supportive environment.

Knitting participants: Please bring 4.5 mm knitting needles and a ball of yarn.

Crochet participants: Please bring a crochet hook and a ball of yarn.

Program Series:

- Wednesdays, 10:30 a.m. to 12:30 p.m.....Oct 14 to Nov 25.....ID No: 26826
(Member: \$66, Non-Member: \$76)Total Sessions: 6..... Excl. dates: Nov 11

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. Oct 20 to Nov 24.....ID No: 26824
(Member: \$159, Non-Member: \$183)Total Sessions: 6

Technology for Beginners: The Basics

Instructor: Melissa Kelly

Technology for Beginners offers a true introduction to laptop computers, smartphones, and tablets. After 8 weeks, you'll leave this class with a well-rounded knowledge of common signs, symbols, and terminology pertaining to modern technology. You'll learn basic troubleshooting strategies, navigation, common uses like online searches, checking your email inbox, creating accounts to login to user portals, and a bit about common programs.

Program Series:

- Mondays, 1:30 to 3:30 p.m. Oct 19 to Dec 14..... ID No: 26955
(Member: \$157, Non-Member: \$180)Total Sessions: 8.....Excl. dates: Oct 26

Technology: Intermediate

Instructor: Melissa Kelly

This course will further expand on concepts explored and learned in Technology Essentials (formerly Rudimentary Tech Literacy). However, previous participation is not required. This will be more advanced learning if you feel you already have a good grasp of how to use and get what you need out of your smartphone, tablet, or laptop/computer. You will get into how to back up content, Cloud storage, Device Comparisons, using free Google Programs like Docs & Sheets, as well as navigating social media and placing orders online safely for products and services.

Program Series:

- Thursdays, 2 to 4 p.m. Oct 15 to Dec 10.....ID No: 26954
(Member: \$157, Non-Member: \$180)Total Sessions: 8.....Excl. dates: Dec 3

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.Oct 7 to Nov 25.....ID No: 26842
(Member: \$28, Non-Member: \$34)Total Sessions: 7..... Excl. dates: Nov 11

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. Oct 9 to Dec 11 ID No: 26847
(Member: \$129, Non-Member: \$149)..... Total Sessions: 10

Facts and Chat



The Facts and Chat sessions 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 7 – Today's Future, Tomorrow's Present** presented by Bruce McDonald, United Way
- **October 14 – Fraud Prevention** presented by Constable Nicholas McLean, Sarnia Police Service
- **October 21 – Fire Prevention** presented by Mike Otis, Sarnia Fire
- **October 28 – Normal Memory Loss vs Dementia** presented by Christine Wright, Alzheimer Society
- **November 4 – Fall Prevention** presented by Meghan Simon, VON
- **November 18 – Backyard Bee-Keeping** presented by Haley Walker, Climate Action Sarnia-Lambton
- **November 25 – Social Media and Internet Safety** presented by Constable Nicholas McLean, Sarnia Police Service
- **December 2 – Navigating Strangway's Online Registration Portal** presented by Mike Neely, City of Sarnia Activities Programmer
- **December 9 – Caregiver Stress and Self Care** presented by Christine Wright, Alzheimer Society
- **December 16 – Understanding Hearing Loss and Communication Tips** presented by Gabriella Krystia, Canadian Hearing Services

Day Trips



Casa Loma Christmas

Enjoy a festive day in Toronto beginning with an included lunch at the iconic The Old Spaghetti Factory. Choose your entrée in advance from a variety of classic favourites, including Spaghetti with Meatballs, Chicken Parmigiana, Lasagna, Manicotti, Chicken Fettuccine Alfredo, or a Grilled Chicken Caesar Salad. Each meal also includes fresh bread with whipped garlic butter, salad, spunoni ice cream, and a soft drink. After lunch, experience the magic of the holiday season at Casa Loma, beautifully decorated for Christmas with stunning seasonal displays throughout the castle and grounds. Highlights include a spectacular 40-foot Christmas tree in the Great Hall and several designer-themed signature trees. Enjoy this self-guided tour and step back in time to an era of European elegance and holiday splendor. Questions about accessibility or activity levels? Please contact us for more information before registering.

Wednesday, December 2, 2026

Member: \$201, Non-Member: \$231

Depart: 8:30 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 7:30 p.m.

Registration Deadline: November 9, 2026

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



SARNIA
ONTARIO