



*Fall / Winter / Spring* 2019  
2020

# Sarnia Community Activities Guide



# swiff

south western international film festival

ANNIVERSARY ANNIVERSARY ANNIVERSARY  
**5**  
ANNIVERSARY ANNIVERSARY ANNIVERSARY

# IMPERIAL

**COME SEE THE WORLD.**

**NOV 7 - 10, 2019**

Films, Concerts, Parties, Virtual Reality,  
Workshops, Q&A's with filmmakers + More!

**Imperial Theatre Sarnia**

**[www.swiff.ca](http://www.swiff.ca)**

**swiff** **5**  
south western international film festival  
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**\$5 OFF ALL ACCESS PASS**

# SFC Soccer for Everyone!

WE LIVE, BREATHE, EAT, SLEEP, **FOOTBALL!**



At SFC, we are committed to the development of all our athletes and the promotion of the sport of soccer.



## Competitive Fun

- a fun atmosphere where players can develop a love for the game
- help players reach their potential on/off the field
- produce players capable of moving on to play soccer at the highest levels
- develop and promote soccer education within Lambton-Kent
- develop players within the ethical guidelines of Fair Play and sportsmanship

## SFC Academy

- Soccer skills training
- Focused & Intense Training
- Highly trained coaches
- Increased Player confidence & enjoyment

PLEASE VISIT OUR WEBSITE FOR ALL REGISTRATION INFORMATION

[www.sarniafc.ca](http://www.sarniafc.ca) |  @Sarnia\_FC |  Sarnia Football Club



THE FOUNDATION OF OUR CLUB IS MADE UP OF VOLUNTEERS,  
YOUR "SUPPORT" IS APPRECIATED.



# Proudly Serving Sarnia-Lambton

MP Marilyn Gladu

Office: 1000 Finch Drive, Unit 2, Sarnia, ON  
519-383-6600 • Marilyn.gladu@parl.gc.ca

[www.MarilynGladu.com](http://www.MarilynGladu.com)

## Fun, Fitness and Sportsmanship!

5 Sessions, 8-10 weeks each, **NEW** Innovative Curriculum

Sept - Oct

Nov - Jan

Feb - April

May - June

July - Aug

### Recreational Gymnastics

Boys and girls experience skill progression through our NEW modernized gymnastics curriculum. Recreational athletes are 6 years to 15 years of age. Recreational gymnastics skills and drills improve coordination, self confidence and fitness levels while having FUN with other children in a team atmosphere.

### Pre-School Gymnastics

Gymtots, 18 months - 3 years, children experience circuits and skills in gymnastics with their parents  
Kindergym 3 to 5 years, a structured gymnastics curriculum with progressive skills and drills which develops your child's independence and expands their social skill development.

### School Trips - Teachers reserve early for your class trips

Boys & Girls PD Day Camps, Birthday Parties Every Weekend!  
Special Event Facility Rentals now available for Corporations & Community Events and Multi-purpose Activities.

### Registration

Registration is available online at [www.bluewatergymnastics.com](http://www.bluewatergymnastics.com) or by visiting us at:

1540 Lottie Neely Park Rd.  
Sarnia, ON N7T 7H4



  @BluewaterGym

[info@bluewatergymnastics.com](mailto:info@bluewatergymnastics.com)

519-542-3062

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## Registration Procedures

*Fall/Winter/Spring Registration will begin Tuesday, September 3, 2019.*

Program registration is available online at [sarnia.ca/activities-guide](http://sarnia.ca/activities-guide) or see us in person at:

### — City Hall

255 Christina Street North, Sarnia, Ontario  
Third Floor, Parks and Recreation Department

**City Hall Hours:** Monday to Friday: 8:30am to 4:30pm

Program Registration should be paid in full at the time of registration and must be paid prior to start of program. Cancellation requests are subject to an administrative fee. For further information on registration, payments and refunds, the "Payments & Cancellations of Program Registrations & Facility Rentals" policy can be found at [sarnia.ca](http://sarnia.ca).

The City of Sarnia is committed to providing accessible goods, services, programs and facilities to the people of Sarnia. If you or one of your family members needs accommodations to participate in programming with the City of Sarnia please advise City staff at: **519-332-0330 ext. 3307** or **access@sarnia.ca**.

To register for any programs held at the [Strangway Adult Community Centre](#), please go online, visit or call:

### — Strangway Adult Community Centre

260 East Street North, Sarnia, Ontario  
T: 519-332-0656 | F: 519-332-0657  
E: [strangway@sarnia.ca](mailto:strangway@sarnia.ca)

**SCC** All Strangway Adult Community Centre programs marked with this symbol.

### Strangway Office Hours:

Monday: 8:30am to 6:00pm

Tuesday to Thursday: 8:30am to 5:00pm

Friday: 8:30am to 4:30pm

**Program Hours:** Monday to Saturday: 8:30am to 9:30pm (varies based on programming)

### City Hall and Strangway Centre Closures:

Monday, September 2 - Labour Day

Monday October 14 - Thanksgiving

Monday, November 11 - Remembrance Day

December 24 at noon to January 2 at 8:30am

Monday, February 17 - Family Day

Friday, April 10 - Good Friday

Monday, April 13 - Easter Monday

Monday, May 18 - Victoria Day

Please Note: When the Centre is closed for holidays there are no programs running on or offsite.

Visit our inter-active pdf of this Community Guide!

[sarnia.ca/activities-guide](http://sarnia.ca/activities-guide)

CLICK ON THE LINK TO REGISTER ONLINE

If you have any questions please don't hesitate to email/call [parksandrecreation@sarnia.ca](mailto:parksandrecreation@sarnia.ca) or 519-339-1850.

The online portal has many great benefits and is extremely easy to use! Search for your favorite programs by keyword, age, day, time, location and more! You can even register for multiple programs in one transaction making the registration and payment process faster and more convenient!



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DOWNLOAD **Libby**<sup>™</sup>  
at <https://meet.libbyapp.com>

Visit [lclibrary.ca](http://lclibrary.ca) for more information and a full list of available eResources.



**CULTURAL SERVICES DIVISION**

**Library Headquarters**  
787 Broadway Street, Box 3100  
Wyoming, ON  
519-845-3324  
[www.lclibrary.ca](http://www.lclibrary.ca)



## Children's Activities

**Karate (Beginner):**

Learn self-defense, stay in shape and improve your self-confidence. All students progress at their own ability and are tested accordingly. No uniform required at the beginner level. Ages 6 to 12.

<p><b>Date:</b> Monday and Thursday, September 16 to December 9 (24 classes)  <b>Time:</b> 6:45pm to 7:30pm  <b>Cost:</b> \$50.00  <b>Location:</b> Clearwater Arena Upper Hall</p>	<a href="#">7981</a>
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**Karate (Advanced):**

Learn self-defense, stay in shape and improve your self-confidence. All students progress at their own ability and are tested accordingly. No uniform required at the beginner level. Ages 6 yrs +.

<p><b>Date:</b> Monday and Thursday, September 16 to December 9 (24 classes)  <b>Time:</b> 7:45pm to 8:30pm  <b>Cost:</b> \$50.00  <b>Location:</b> Clearwater Arena Upper Hall</p>	<a href="#">7982</a>
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**Lawrence House After School Art Program:**

An eight week art adventure for ages six to twelve years using a variety of materials and techniques. Each session has unique projects, and is different from the previous year, to accommodate returning artists. New artists are welcome to join at the beginning of any session. Ages 6 to 12.

**Date and Time:** Thursdays, 4:30pm to 6:30pm  
**Cost:** \$85.00  
**Location:** Lawrence House  
**Instructor:** Hazel Rogers

<b>FALL 2019</b>	October 17 to December 5	8 classes	<a href="#">7964</a>
<b>WINTER 2020</b>	January 9 to February 27	8 classes	<a href="#">7965</a>
<b>SPRING 2020</b>	Thursday, March 26 to May 14	8 classes	<a href="#">7966</a>

**Lawrence House FULL WEEK March Break Art Program:**

Please provide your child with a lunch, in addition to a morning and afternoon snack. No Nuts Please! Depending on weather conditions, there will be a break outdoors, within the grounds of the Lawrence House, so it is important that your child dress accordingly. We recommend that the artists wear older clothing or bring a cover up. For children aged 6 to 12.

<p><b>Date:</b> Monday to Friday, March 16 to March 20  <b>Time:</b> 9:00am to 4:00pm  <b>Cost:</b> \$155.00  <b>Location:</b> Lawrence House  <b>Instructor:</b> Hazel Rogers</p>	<a href="#">7975</a>
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**Lawrence House March Break Art Program - SINGLE DAY:**

**Time:** 9:00am to 4:00pm  
**Cost:** \$44.00  
**Location:** Lawrence House  
**Instructor:** Hazel Rogers

Purrs & Paws	Monday, March 16	<a href="#">7976</a>
Land of Leprechauns	Tuesday, March 17	<a href="#">7977</a>
Oil Discovery	Wednesday, March 18	<a href="#">7978</a>
Medieval Days	Thursday, March 19	<a href="#">7979</a>
Canadian Art Eh!	Friday, March 20	<a href="#">7980</a>

**Lawrence House PA Day Art Program:**

Please provide your child with a lunch, morning and afternoon snack. Note: No Nuts Please! Depending on weather conditions, there will be a break outdoors, within the grounds of the Lawrence House, so it is important that your child dress accordingly. We recommend that the artists wear older clothing or bring a cover up. Ages 6 to 12.

**Date and Time:** Fridays, 9:00am to 4:00pm  
**Cost:** \$44.00  
**Location:** Lawrence House  
**Instructor:** Hazel Rogers

Muggles, Wizards & More	Friday, September 27	<a href="#">7970</a>
Creepy Creation	Friday, October 25	<a href="#">7971</a>
Tis the Season	Friday, November 22	<a href="#">7972</a>
Dragon Discoveries	Friday, January 31	<a href="#">7973</a>
Superheroes	Friday, April 24	<a href="#">7974</a>

**Lawrence House Weekend Art Program:**

Eight week art adventure for ages 6 to 12 years using a variety of materials and techniques. Each session has unique projects and is different from the previous year to accommodate returning artists. New artists are welcome. Ages 6 to 12.

**Date and Time:** Saturdays, 12:30pm to 2:30pm  
**Cost:** \$85.00  
**Location:** Bright's Grove Library  
**Instructor:** Hazel Rogers

<b>FALL 2019</b>	October 19 to December 7	8 classes	<a href="#">7967</a>
<b>WINTER 2020</b>	January 11 to March 7	8 classes	<a href="#">7968</a>
<b>SPRING 2020</b>	March 28 to May 23	8 classes	<a href="#">7969</a>

## Adult Programs

### Fitness & Wellness:

#### Belly Dancing:

Love the music, enjoy the jiggle...that's Belly Dance. A natural, fun, feminine dance for body, mind and soul. Technique and awesome combos to help you learn the art form of belly dance. **SCC**

**Date and Time:** Thursdays, 7:00pm to 8:00pm  
**Fall Cost:** Member: \$48.00. Non Member: \$56.00  
**Winter/Spring Cost:** Member: \$42.00. Non Member: \$49.00  
**Location:** Strangway Room  
**Instructor:** Dawna Robertson

<b>FALL 2019</b>	September 19 to November 7	8 classes	<a href="#">7777</a>
<b>WINTER 2020</b>	January 9 to February 20	7 classes	<a href="#">7778</a>
	February 27 to April 9	7 classes	<a href="#">7779</a>
<b>SPRING 2020</b>	April 16 to May 28	7 classes	<a href="#">7780</a>

#### Bouncing Back After Delivery:

Developing a healthier lifestyle after becoming a parent, or simply wishing to get your body back in shape after pregnancy? This gentle fitness program is designed to help you and/or your support, stay healthy and fit after your delivery. You are welcome to bring your baby to take part in the class! **SCC**

**Date and Time:** Saturdays, 10:30am to 11:30am  
**First Fall Class & Spring Class Cost:** \$50.00  
**Second Fall Class & Winter Classes Cost:** \$60.00  
**Location:** Strangway Studio  
**Instructor:** Richel Jackson

<b>TRY IT CLASS</b>	September 14	FREE	<a href="#">7703</a>
<b>FALL 2019</b>	September 21 to October 26	5 classes	<a href="#">7704</a>
	November 9 to December 14	6 classes	<a href="#">7705</a>
<b>WINTER 2020</b>	January 11 to February 15	6 classes	<a href="#">7706</a>
	February 22 to March 28	6 classes	<a href="#">7707</a>
<b>SPRING 2020</b>	April 4 to May 9	5 classes	<a href="#">7708</a>

#### Build Your Bones:

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. **SCC**

**Location:** Strangway Room      **Instructor:** Richel Jackson

#### FALL 2019

**Date:** Monday, September 9 to October 28 (7 classes)  
**Time:** 11:00am to 12:00pm  
**Cost:** Member: \$56.00. Non Member: \$70.00

[7682](#)

# Strangway Adult Community Centre General Information

**Membership:** Members enjoy savings of 15% or more on programs and events! Membership is available to anyone 50+. You do not need to be a member to participate in programs and events. Anyone 20+ can participate.

**Cost:** September to December 2019 - \$22.50  
 January to December 2020 - TBD

*\*Please note: We do not pro-rate memberships*

**Strangway Centre Cafe:** Open to the public with reasonable prices! Serving soup, sandwiches, desserts and daily specials prepared by Centre volunteers.  
**Open for Lunch:** Monday to Friday, 11:00am to 1:00pm

**Tokens:** Must be purchased for weekly activities (see chart) 2020 Rates TBD

**Punch Passes (for Pay-As-You-Go Programs):**

5 session: \$25 Member, \$30 Non-Member

10 session: \$50 Member, \$60 Non-Member

**Hobby Shop:** Open Monday to Friday, 9am to Noon and 1pm to 4pm (based on volunteer availability)

**Hobby Shop Token (Pay-per-use):**

Daily Token: \$11 | Half-Day Token: \$6

*\*Please note: You must bring your own building supplies.*

**Minor Woodworking Repairs:** If you are in need of a minor woodworking repair our volunteers in the Woodshop can probably fix it! Bring your item in to be inspected. There is a small fee for this service. (minimum fee of \$10).

**Volunteering:** The Strangway Centre is a great place to volunteer your time. No matter your skill, or desire to learn a new skill, we have a role for you. We are looking for friendly, reliable and enthusiastic volunteers in our cafe, woodshop, front desk and crafting groups and at special events. Contact the Centre for more information

**Room Rentals:** Strangway Adult Centre has rooms available to rent to the public for special occasions or community programs with various capacities, please contact the Centre for rates and availability.

**A Note about Registration:**

- You can register for all events and programs by phone, online and in person at The Strangway Centre.
- You do not need to pre-register for daily activities or pay-as-you-go programs
- It is important to register for events, seminars and instructional programs in advance. Programs with low registration will be cancelled - don't wait until the day the program starts to sign up!



<b>Date:</b> Wednesday, September 11 to October 30 (8 classes) <b>Time:</b> 11:30am to 12:30pm <b>Cost:</b> Member: \$64.00. Non Member: \$80.00	<a href="#">7687</a>
<b>Date:</b> Friday, September 13 to November 1 (8 classes) <b>Time:</b> 9:45am to 10:45am <b>Cost:</b> Member: \$64.00. Non Member: \$80.00	<a href="#">7698</a>
<b>Date:</b> Friday, September 13 to November 1 (8 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$64.00. Non Member: \$80.00	<a href="#">7692</a>
<b>Date:</b> Monday, November 4 to December 16 (6 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7683</a>
<b>Date:</b> Wednesday, November 6 to December 18 (7 classes) <b>Time:</b> 11:30am to 12:30pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7688</a>
<b>Date:</b> Friday, November 8 to December 20 (7 classes) <b>Time:</b> 9:45am to 10:45am <b>Cost:</b> \$56.00. Non Member: \$70.00	<a href="#">7699</a>
<b>Date:</b> Friday, November 8 to December 20 (7 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> \$56.00. Non Member: \$70.00	<a href="#">7693</a>
<b>WINTER 2020</b>	
<b>Date:</b> Monday, January 6 to February 10 (6 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7684</a>
<b>Date:</b> Wednesday, January 8 to February 19 (7 classes) <b>Time:</b> 11:30am to 12:30pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7689</a>
<b>Date:</b> Friday, January 10 to February 21 (7 classes) <b>Time:</b> 9:45am to 10:45am <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7700</a>
<b>Date:</b> Friday, January 10 to February 21 (7 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7695</a>
<b>Date:</b> Monday, February 24 to March 30 (6 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7685</a>
<b>Date:</b> Wednesday, February 26 to April 8 (7 classes) <b>Time:</b> 11:30am to 12:30pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7690</a>
<b>Date:</b> Friday, February 28 to April 3 (6 classes) <b>Time:</b> 9:45am to 10:45am <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7701</a>
<b>Date:</b> Friday, February 28 to April 3 (6 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7696</a>
<b>SPRING 2020</b>	
<b>Date:</b> Monday, April 6 to May 25 (6 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7686</a>

<b>Date:</b> Wednesday, April 15 to May 27 (7 classes) <b>Time:</b> 11:30am to 12:30pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7691</a>
<b>Date:</b> Friday, April 17 to May 29 (7 classes) <b>Time:</b> 9:45am to 10:45am <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7702</a>
<b>Date:</b> Friday, April 17 to May 29 (7 classes) <b>Time:</b> 11:00am to 12:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7697</a>

**Chair Exercises:**

In conjunction with the Parkinson's Support Group of Sarnia Lambton. The focus of this exercise class will be on improving balance, flexibility, co to ordination, and joint movement. The exercises in this program have been designed for persons with Parkinson's and their caregivers; however they will be of benefit to anyone with mobility and flexibility difficulties. **SCC**

<b>Date:</b> Thursday, September 5 to May 21 <b>Time:</b> 11:00am to 11:45am <b>Cost:</b> Member: \$2.25. Non Member: \$5.00 <b>Location:</b> Strangway Room	<a href="#">7646</a>
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**Chair Yoga:**

In this beginner to 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. **SCC**

**Location:** Strangway Studio     **Instructor:** Ann Bending

**FALL 2019**

<b>Date:</b> Monday, September 16 to October 28 (5 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$40.00. Non Member: \$50.00	<a href="#">7662</a>
<b>Date:</b> Thursday, September 19 to October 31 (7 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7667</a>

<b>Date:</b> Monday, November 4 to December 16 (6 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7663</a>
<b>Date:</b> Thursday, November 7 to December 19 (7 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7668</a>

**WINTER 2020**

<b>Date:</b> Monday, January 6 to February 10 (6 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7664</a>
<b>Date:</b> Thursday, January 9 to February 20 (7 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7669</a>

<b>Date:</b> Monday, February 24 to March 30 (6 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7665</a>
<b>Date:</b> Thursday, February 27 to April 9 (7 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7670</a>
<b>SPRING 2020</b>	
<b>Date:</b> Monday, April 6 to May 25 (6 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$48.00. Non Member: \$60.00	<a href="#">7666</a>
<b>Date:</b> Thursday, April 16 to May 28 (7 classes) <b>Time:</b> 1:00pm to 2:00pm <b>Cost:</b> Member: \$56.00. Non Member: \$70.00	<a href="#">7671</a>

**Clogging:**

A fun evening of clogging with Cliff, he will teach you the necessary steps to learn in a group setting. Clogging is similar to tap and step dancing. It is a fun way to exercise and be social. We will dance to a wide variety of music from pop and rock to blue and the fiddle.

**Location:** TBA      **Instructor:** Bluewater Cloggers

**FALL 2019**

**Date:** Wednesday, September 25 to December 18  
**Time:** 6:00 to 7:00pm (beginner),  
7:00 to 8:30pm (intermediate)  
**Cost:** \$78.00

[7988](#)

**WINTER 2020**

**Date:** Wednesday, January 8 to May 27  
**Time:** 6:00 to 7:00pm (beginner),  
7:00 to 8:30pm (intermediate)  
**Cost:** \$126.00

[7989](#)

**Continuous Movement Strength Training:**

Thirty (30) minutes of mostly body weight exercise moves to strengthen your body. The exercises will be customized for your ability. The continuous movement of the class will be exhilarating and beneficial. **SCC**

**Date and Time:** Thursdays, 8:45am to 9:15am  
**Cost:** Member: \$48.00. Non Member: \$60.00  
**Location:** Strangway Room  
**Instructor:** Dick Felton

<b>TRY IT CLASS</b>	September 19	FREE	<a href="#">7727</a>
<b>FALL 2019</b>	September 26 to October 31	6 classes	<a href="#">7728</a>
	November 7 to December 12	6 classes	<a href="#">7729</a>
<b>WINTER 2020</b>	January 9 to February 13	6 classes	<a href="#">7730</a>
	February 20 to March 26	6 classes	<a href="#">7731</a>
<b>SPRING 2020</b>	April 2 to May 7	5 classes	<a href="#">7732</a>

**Core Conditioning:**

Designed for all fitness levels, core conditioning will involve exercises that focus on abs, glutes, and lower back and hip flexors. Each week participants will work toward improving their own strength, flexibility, balance and endurance.

**Instructor:** Joy Huizinga

**FALL 2019**

**Date:** Tuesday, September 17 to December 3 (12 classes)  
**Time:** 8:45am to 9:45am  
**Cost:** \$66.00

[7940](#)

**Location:** Strangway Room

**Date:** Friday, September 20 to December 13 (12 classes)  
**Time:** 9:30am to 10:30am  
**Cost:** \$66.00

[7943](#)

**Location:** Clearwater Arena, Upper Hall

**WINTER 2020**

**Date:** Tuesday, January 7 to March 24 (12 classes)  
**Time:** 8:45am to 9:45am  
**Cost:** \$66.00

[7941](#)

**Location:** Strangway Room

**Date:** Friday, January 3 to March 27 (11 classes)  
**Time:** 9:30am to 10:30am  
**Cost:** \$60.50

[7944](#)

**Location:** Strangway Room

**SPRING 2020**

**Date:** Tuesday, April 7 to June 23 (12 classes)  
**Time:** 8:45am to 9:45am  
**Cost:** \$66.00

[7942](#)

**Location:** Strangway Room

**Date:** Friday, April 24 to June 26 (9 classes)  
**Time:** 9:30am to 10:30am  
**Cost:** \$49.50

[7945](#)

**Location:** Clearwater Arena, Upper Hall

**Dancercise:**

Dancercise, a fusion of Line Dancing, Zumba, and 1980's Dancefit/Jazzercise is a fun soft cardio class that will make you forget you are exercising. Can be easily modified for your level of dance fitness! **SCC**

**Date and Time:** Tuesdays, 12:30pm to 1:30pm  
**Cost:** Member: \$5.00. Non Member: \$6.00 per class  
(pay as you go)

**Location:** Strangway Room  
**Instructor:** Pam Chin

<b>FALL 2019</b>	September 10 to December 17
<b>WINTER/SPRING 2020</b>	January 14 to May

**Essentrics:**

Essentrics, (also known as Classical Stretch), is dynamic. It's all about stretching through continual movement. It's not about holding a stretch in one position. Gentle bending and twisting, pulling and pushing, reaching and extending. It improves flexibility and range of motion, strengthens and tones the muscles, and reduces joint pain. **SCC**

**Date and Time:** Wednesdays, 7:00pm to 8:00pm  
**Cost:** Member: \$57.00. Non Member: \$66.00

**Location:** Strangway Studio  
**Instructor:** Anna Buchanan

<b>TRY IT CLASS</b>	September 18	FREE	<a href="#">7742</a>
<b>FALL 2019</b>	September 25 to October 30	6 classes	<a href="#">7743</a>
	November 6 to December 11	6 classes	<a href="#">7744</a>

# Beyond Borders

## TRAVEL & TOURS

Beyond Borders Travel & Tours is your 'Southwestern Ontario Tour Specialist. Join one of our first class tours in 2019 departing from right here in Sarnia.

### 2019 & 2020 Tours

- The Heart & Soul of Nashville**  
October 16 - 21
- The Best of Branson**  
November 10 - 16
- Christmas in New York**  
December 4 - 9
- New Year's Celebration**  
December 30 - January 1
- Southern Caribbean Wayfarer Cruise**  
January 21 - February 2
- New Orleans & The Old South**  
April 16 - 25
- Alaska Glacier Discovery Cruise**  
May 8 - 17
- The Best of Cape Cod**  
June 7 - 13



149 Mitton Street North  
Sarnia, ON N7T 6G9  
519-339-1000 1-888-339-1002  
[www.beyondborderstravel.ca](http://www.beyondborderstravel.ca)  
TICO #50013041

## You're invited...

Come join your local chapter of

## Mothers Against Drunk Driving

for these events as we work together to make our roads safer:

### Candlelight Vigil

Thurs. Sept. 26, 7 p.m. in Centennial Park. Refreshments prior.

### White Cross Dedication

Sat. Nov. 2 @ 11 a.m. at Sarnia Police Station. Refreshments to follow.

### Voluntary Toll Day

Sat. Nov. 16 throughout Sarnia/Lambton

### Red Ribbon Campaign

Nov. 1 2019 to Jan. 6 2020.



### Are you a victim of this preventable crime?

Call the Sarnia office and find out about our support programs

### Want to Volunteer?

We'd love to talk to you!  
Call **519-339-9962** or email: [office@maddsamialambton.com](mailto:office@maddsamialambton.com)



<b>WINTER 2020</b>	January 8 to February 12	6 classes	<a href="#">7745</a>
	February 19 to March 25	6 classes	<a href="#">7746</a>
<b>SPRING 2020</b>	April 1 to May 6	6 classes	<a href="#">7747</a>

### Funfit:

Be ready to work hard, sweat, improve your fitness level, and meet new people all while having fun to great music! This program offers low impact exercise, while working the cardiovascular system. Free weights are provided to build muscle, and bands to increase endurance and build bone density. Bring your running shoes, a mat, and a water bottle!

**Location:** Clearwater Arena, Upper Hall      **Cost:** Fee: \$66.00

### FALL 2019

<b>Date:</b> Monday, September 16 to December 9 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7952</a>
<b>Date:</b> Tuesday, September 17 to December 3 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7958</a>
<b>Date:</b> Wednesday, September 18 to December 4 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7955</a>
<b>Date:</b> Thursday, September 19 to December 5 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7961</a>

### WINTER 2020

<b>Date:</b> Monday, January 6 to March 30 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7953</a>
<b>Date:</b> Tuesday, January 7 to March 24 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7959</a>
<b>Date:</b> Wednesday, January 8 to March 25 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7956</a>
<b>Date:</b> Thursday, January 9 to March 26 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7962</a>

### SPRING 2020

<b>Date:</b> Monday, April 6 to June 29 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7954</a>
<b>Date:</b> Tuesday, April 7 to June 23 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7960</a>
<b>Date:</b> Wednesday, April 1 to June 17 (12 classes) <b>Time:</b> 5:30pm to 6:30pm <b>Instructor:</b> Joy Huizinga	<a href="#">7957</a>
<b>Date:</b> Thursday, April 2 to June 18 (12 classes) <b>Time:</b> 9:30am to 10:30am <b>Instructor:</b> Carol Burkhart	<a href="#">7963</a>

**Gentle Yoga:**

Energize, detox, de-stress and improve your balance and flexibility with this yoga class. You will be holding and flowing through yoga poses followed by a brief guided meditation bringing body and mind into balance. In this gentle class we will take time to feel how we move and create space in our bodies. We will safely observe and build stability through broad ranges of movement. **SCC**

**Date and Time:** Fridays, 9:15am to 10:15am  
**Location:** Strangway Room  
**Instructor:** Ann Bending

**FALL 2019**

**Date:** Friday, September 20 to November 1 (7 classes) **7672**  
**Cost:** Member: \$56.00. Non Member: \$70.00

**Date:** Friday, November 8 to December 20 (7 classes) **7673**  
**Cost:** Member: \$56.00. Non Member: \$70.00

**WINTER 2020**

**Date:** Friday, September 20 to November 1 (7 classes) **7674**  
**Cost:** Member: \$56.00. Non Member: \$70.00

**Date:** Friday, February 28 to April 3 (6 classes) **7675**  
**Cost:** Member: \$48.00. Non Member: \$60.00

**SPRING 2020**

**Date:** Friday, April 17 to May 29 (7 classes) **7676**  
**Time:** 9:15am to 10:15am  
**Cost:** Member: \$56.00. Non Member: \$70.00

**GROOVE!:**

GROOVE incorporates aspects from dance, fitness, yoga etc. To create music to driven movements for cardio, strength, & flexibility. GROOVE is perfect for every age & every Body. You will learn simple & easy moves from a variety of different dance styles (hip hop, urban, jazz & ballroom just to name a few) inspired by different genres of music with beats you cannot resist. If you can move, you can GROOVE! **SCC**

**Date and Time:** Tuesdays, 4:15pm to 5:15pm  
**Fall & Winter Cost:** Member: \$48.00. Non Member: \$60.00  
**Spring Cost:** Member: \$32.00. Non Member: \$40.00  
**Location:** Strangway Room  
**Instructor:** Stephanie Purdy

<b>TRY IT CLASS</b>	September 17	FREE	<b>7653</b>
<b>FALL 2019</b>	September 24 to October 29	6 classes	<b>7654</b>
	November 5 to December 10	6 classes	<b>7655</b>
<b>WINTER 2020</b>	January 7 to February 11	6 classes	<b>7656</b>
	February 25 to March 31	6 classes	<b>7657</b>
<b>SPRING 2020</b>	April 7 to April 28	4 classes	<b>7658</b>

**Indoor Walking:**

Continue your walking program (self-guided) inside during the months when the temperature drops and the days get shorter.

**Date:** Tuesday and Thursday, September 24 to March 31  
**Time:** 7:00pm to 8:00pm  
**Cost:** Non Member: \$17.00 **7905**  
**Location:** TBA

**Intermediate Yoga:**

A balanced yoga class for those who have some experience with yoga. Something to challenge the way you usually move. There will be lots of opportunity to tap in to overall strength; including core, but we won't forget the more relaxed, stretchy, spacious side of the practice. It's all about balance. **SCC**

**Date and Time:** Mondays, 5:30pm to 6:30pm  
**Cost:** Member: \$48.00. Non Member: \$60.00  
**Location:** Strangway Room  
**Instructor:** Ann Bending

<b>FALL 2019</b>	September 16 to October 28	6 classes	<b>7677</b>
	November 4 to December 16	6 classes	<b>7678</b>
<b>WINTER 2020</b>	January 6 to February 10	6 classes	<b>7679</b>
	February 24 to March 30	6 classes	<b>7680</b>
<b>SPRING 2020</b>	April 6 to May 25	6 classes	<b>7681</b>

**Line Dancing: Beginner to Improver:**

Learn basic line dancing routines in both Latin American and Modern Ballroom dances, such as Cha Cha, Rhumba, Tango, Waltz, Slow Foxtrot, Jive, Country and Circle. If you are a beginner or would like to take it to the next level, this is the class for you. Great music, great exercise and great friends. No partner required. **SCC**

**Cost:** Member: \$5.00. Non Member: \$6.00, per class (pay as you go)  
**Location:** Strangway Room  
**Instructor:** Darlene Landry

**FALL 2019**

**Date:** Tuesday, September 10 to December 17  
**Time:** 10:00am to 11:00am

**Date:** Saturday, September 14 to December 14  
**Time:** 10:30am to 11:30am

**WINTER 2020**

**Date:** Tuesday, January 14 to May 26  
**Time:** 10:00am to 11:00am

**Date:** Saturday, January 18 to May 9  
**Time:** 10:30am to 11:30am

Visit our website for lesson details! [sarniaballroomdancingclub.ca](http://sarniaballroomdancingclub.ca)

37 years & we are still dancing!

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**Line Dancing: Intermediate/Advanced:**

Let's dance to the next step up. If you love to dance this is the class for you, everyone welcome. 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. **SCC**

**Cost:** Member: \$5.00. Non Member: \$6.00, per class (pay as you go)  
**Location:** Strangway Room  
**Instructor:** Diane Gorton

**FALL 2019**

**Date:** Monday, September 9 to December 16  
**Time:** 9:45am to 10:45am

**Date:** Thursday, September 12 to December 19  
**Time:** 9:30am to 10:45am

**WINTER 2020**

**Date:** Monday, January 13 to June 22  
**Time:** 9:45am to 10:45am

**Date:** Thursday, January 16 to June 25  
**Time:** 9:30am to 10:45am

**Low Intensity Interval Training (LIIT):**

LIIT includes intervals of activity followed by rest. This class will work on increasing your mobility, strength and cardio endurance without the high intensity and shorter rest periods of HIIT (high intensity interval training) classes. We will finish the class by cooling down and a brief meditation to clear your mind before your busy weekend begins. **SCC**

**Date and Time:** Saturdays, 9:15am to 10:15am  
**First Fall Program Cost & Spring Cost:** Member: \$40.00. Non Member: \$50.00  
**Second Fall Program Cost & Winter Cost:** Member: \$48.00. Non Member: \$60.00  
**Location:** Strangway Room  
**Instructor:** Richel Jackson

TRY IT CLASS		FREE	7709
FALL 2019	September 14	5 classes	7710
	September 21 to October 26	6 classes	7711
WINTER 2020	November 9 to December 14	6 classes	7712
	January 11 to February 15	6 classes	7713
SPRING 2020	February 22 to March 28	5 classes	7714
	April 4 to May 9		

**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. The program includes: 45 to 60 minutes of physical activity, 45 to 60 minutes of mentally stimulating activities healthy refreshments Minds in Motion gives you a great environment to establish new friendships with others who are living with similar experiences. **SCC**

**Date and Time:** Mondays, 12:30pm to 2:30pm  
**Cost:** \$10.00  
**Location:** Strangway Room

FALL 2019	October 7 to December 9	8 classes	7638
WINTER 2020	February 3 to March 30	8 classes	7639



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**Qi Gong:**

Qi Gong is a gentle form of exercise that involves the repetition of fluid movements. It integrates physical postures, breathing techniques, and focused intentions. It can be done standing or seated and exercises can be modified for almost anyone with patience who wants to learn. **SCC**

**Date and Time:** Thursdays, 11:15am to 12:00pm

**Cost:** Member: \$5.00. Non Member: \$6.00, per class (pay as you go)

**Location:** Strangway Studio

**Instructor:** Pam Chin

**FALL 2019** September 12 to December 19

**WINTER 2020** January 16 to May 7

**Stretch and Soft Yoga:**

This program uses healing yoga, a program that is modified to help people with injuries and illness. Regular practice of this program can benefit range of specific conditions while helping you bring flexibility, fluid movement and relieve the stress in your whole body. You don't need any previous yoga experience, but you must be able to get down on to the floor. You will need a rubber yoga mat for this class. Please arrive 10 minutes early as we will do breathing exercises if time allows. **SCC**

**Cost:** Member: \$5.00. Non Member: \$6.00, per class (pay as you go)

**Location:** Strangway Room

**Instructor:** Pam Chin

**FALL 2019**

**Date:** Tuesday, September 10 to December 17

**Time:** 11:15am to 12:15pm

**Date:** Thursday, September 12 to December 19

**Time:** 12:15pm to 1:15pm

**WINTER & SPRING 2020**

**Date:** Tuesday, January 14 to May 5

**Time:** 11:15am to 12:15pm

**Date:** Thursday, January 16 to May 7

**Time:** 12:15pm to 1:15pm

**Tai Chi:**

Tai Chi is found to improve the flexibility of joints, improve balance, deepen breathing, increase circulation and is suitable for all levels of ability. The Chair Set is an option for those who have difficulty standing. **SCC**

**Location:** Strangway Room

**Instructor:** Jim Carrothers

**TAI CHI BEGINNER EVENINGS**

**Time:** 5:30pm to 6:30pm

**FALL 2019:**

**Date:** Tuesday, September 3 to September 24 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7867](#)

**Date:** Tuesday, October 1 to October 29 (5 classes)

**Cost:** Member: \$30.00. Non Member: \$38.00

[7868](#)

**Date:** Tuesday, November 5 to November 26 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7869](#)

**Date:** Tuesday, December 3 to December 17 (3 classes)

**Cost:** Member: \$23.00. Non Member: \$5.00

[7870](#)

**WINTER 2020:**

**Date:** Tuesday, January 7 to January 28 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7871](#)

**Date:** Tuesday, February 4 to February 25 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7872](#)

**Date:** Tuesday, March 3 to March 31 (5 classes)

**Cost:** Member: \$30.00. Non Member: \$38.00

[7873](#)

**SPRING 2020:**

**Date:** Tuesday, April 7 to April 28 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7874](#)

**Date:** Tuesday, May 5 to May 26 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7875](#)

**TAI CHI BEGINNER/CONTINUING**

**DAYTIME:**

**Time:** 8:30am to 9:30am

**FALL 2019:**

**Date:** Monday, September 9 to September 30 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7824](#)

**Date:** Monday, October 7 to October 28 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7825](#)

**Date:** Monday, November 4 to November 25 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7826](#)

**Date:** Monday, December 2 to December 23 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7827](#)

**WINTER 2020:**

**Date:** Monday, January 6 to January 27 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7828](#)

**Date:** Monday, February 3 to February 24 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7829](#)

**Date:** Monday, March 2 to March 30 (5 classes)

**Cost:** Member: \$30.00. Non Member: \$38.00

[7830](#)

**SPRING 2020:**

**Date:** Date: Monday, April 6 to April 27 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7831](#)

**Date:** Monday, May 4 to May 25 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7832](#)

**TAI CHI CONTINUING EVENING:**

**Time:** 6:30pm to 7:30pm

**FALL 2019:**

**Date:** Tuesday, September 3 to September 24 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7858](#)

**Date:** Tuesday, October 1 to October 29 (5 classes)

**Cost:** Member: \$30.00. Non Member: \$38.00

[7859](#)

**Date:** Tuesday, November 5 to November 26 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7860](#)

**Date:** Tuesday, December 3 to December 17 (3 classes)

**Cost:** Member: \$18.00. Non Member: \$23.00

[7861](#)

**WINTER 2020:**

**Date:** Tuesday, January 7 to January 28 (4 classes)

**Cost:** Member: \$24.00. Non Member: \$31.00

[7862](#)

**Date:** Tuesday, February 4 to February 25 (4 classes) **Cost:**

Member: \$24.00. Non Member: \$31.00

[7863](#)

**Date:** Tuesday, March 3 to March 31 (5 classes)

**Cost:** Member: \$30.00. Non Member: \$38.00

[7864](#)

<b>SPRING 2020:</b>	
<b>Date:</b> Tuesday, April 7 to April 28 (4 classes) <b>Cost:</b> Member: \$24.00. Non Member: \$31.00	<a href="#">7865</a>
<b>Date:</b> Tuesday, May 5 to May 26 (4 classes) <b>Cost:</b> Member: \$24.00. Non Member: \$31.00	<a href="#">7866</a>

**Yoga for Fitness:**

A Vinyasa Flow class with modifications for all levels. An active series of postures with a focus on alignment and breathing. Class ends with a guided meditation. Please bring a mat.

**Cost:** \$72.00  
**Location:** Newton Centre  
**Instructor:** Josie Duff

**FALL 2019**

**Date:** Tuesday, September 17 to December 3 (12 classes)  
**Time:** 6:00pm to 7:00pm [7946](#)

**Date:** Tuesday, September 17 to December 3 (12 classes)  
**Time:** 7:00pm to 8:00pm [7949](#)

**WINTER 2020**

**Date:** Tuesday, January 7 to March 24 (12 classes)  
**Time:** 6:00pm to 7:00pm [7947](#)

**Date:** Tuesday, January 7 to March 24 (12 classes)  
**Time:** 7:00pm to 8:00pm [7950](#)

**SPRING 2020**

**Date:** Tuesday, April 7 to Jun 23 (12 classes)  
**Time:** 6:00pm to 7:00pm [7948](#)

**Date:** Tuesday, April 7 to Jun 23 (12 classes)  
**Time:** 7:00pm to 8:00pm [7951](#)

**Yoga for Back Pain:**

This is therapeutic yoga class for anyone suffering from chronic or occasional back pain. This class will help open up tight areas that contribute to back pain, strengthen muscles to support the spine, and calm down the nervous system. In the first class we will discuss participants back problems so the class can be customized. Twenty minutes of restorative yoga included in each class. **SCC**

**Date and Time:** Thursdays, 10:00am to 11:00am  
**Cost:** Member: \$42.00. Non Member: \$56.00  
**Location:** Strangway Studio  
**Instructor:** Pam Chin

<b>FALL 2019</b>	September 12 to October 24	7 classes	<a href="#">7733</a>
	October 31 to December 12	7 classes	<a href="#">7734</a>
<b>WINTER 2020</b>	January 9 to February 20	7 classes	<a href="#">7735</a>
	February 27 to April 9	7 classes	<a href="#">7736</a>

**Yoga for Curious Beginners:**

This course is a great place to start if you are interested in yoga but don't want to jump two feet in to a yoga class. Each class will begin in conversation about the focus for that day. Questions and discussion are welcome throughout the class. We will then warm the body up and begin to move through some yoga poses while exploring and modifying to meet your individual capacity for balance, flexibility, focus and muscle tone. The intention will always be on making the yoga poses work for your body. There will be handouts and ideas for doing a bit of yoga in between classes if you would like to. We will also put together a small yoga practice you can continue on your own when the session is finished. Bring a mat and wear comfy clothes. **SCC**

**Cost:** Member: \$32.00. Non Member: \$40.00  
**Location:** Strangway Studio  
**Instructor:** Ann Bending

**FALL 2019**

**Date:** Monday, September 16 to October 7 (4 classes)  
**Time:** 6:45pm to 7:45pm [7782](#)

**WINTER 2020**

**Date:** Monday, January 13 to February 3 (4 classes)  
**Time:** 2:30pm to 3:30pm [7783](#)



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**LAMBTON HERITAGE MUSEUM**

Lambton Heritage Museum celebrates the history and heritage of the communities that make up Lambton County.

[www.heritagemuseum.ca](http://www.heritagemuseum.ca)  
[heritage.museum@county-lambton.on.ca](mailto:heritage.museum@county-lambton.on.ca)  
 519-243-2600




**Yoga for Desk Dwellers:**

A yoga practice to counter some of the patterns of movement that come from everyday life, like sitting, hunching and especially to counter that pattern of movement that we all have not enough movement! This class will be beginner friendly but not just for beginners. We will try to unstick what feels stuck and create strength through larger ranges of motion. And with some simple short mindful moments we will explore ways to slip in to ease as well as tap in to our capacity to focus. **SCC**

**Date and Time:** Wednesdays, 7:00pm to 8:00pm  
**Cost:** Member: \$56.00. Non Member: \$70.00  
**Location:** Strangway Studio

FALL 2019	September 18 to October 30	7 classes	<a href="#">7789</a>
	November 6 to December 18	7 classes	<a href="#">7790</a>
WINTER 2020	January 8 to February 19	7 classes	<a href="#">7791</a>
	February 26 to April 8	7 classes	<a href="#">7792</a>
SPRING 2020	April 15 to May 27	7 classes	<a href="#">7793</a>

**Mental Health and Wellbeing:**

**Energy Series**

**Stress and Your Energies:**

Einstein said "Everything in our material world is made of energy and everything radiates energy". That means us as well! In this introductory class, you will recognize how YOUR STRESSES- the biggest disrupter of your energies- are affecting YOUR body, mind and spirit. Learn why "balance" is the buzz word! The information from this class is expanded upon in "Meridians & Chakras" (Energy Centres) & "Endocrine System". **SCC**

**FALL 2019**

**Date:** Tuesday, September 17  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander [7640](#)

**Meridians and Chakras and the Endocrine System:**

Learn how each of these health systems interact with each other to provide optimum physical, mental and emotional health. Be introduced to various techniques for keeping them balanced. Get yourself balanced! The information from the previous classes is expanded upon in "Balancing Methods". **SCC**

**FALL 2019**

**Date:** Tuesday, September 24  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander [7641](#)

**Seeking Athletes & Volunteers**

**SARNIA**  
 SPECIAL OLYMPICS  
 ONTARIO



**Special Olympics Sarnia** is a non-profit, volunteer-based organization committed to providing athletic opportunities for individuals with intellectual disabilities in Sarnia, Lambton

SPORT	DAY	LOCATION
Powerlifting	Saturday	Ironworks Gym, Pt Edward
Swimming	Sunday	YMCA, Sarnia
Snow Shoeing	Sunday	Sarnia Athletics Track
Floor Hockey	Monday	New Life Assembly, Petrolia
10-Pin Bowling	Wednesday	Hway Bowl, Sarnia
Basketball	Thursday	St. Anne's School, Sarnia
Soccer (Summer)	Tuesday	Waterfront Park, Pt Edward
Track & Field (Summer)	Monday	Sarnia Athletics Track
Booze	Wednesday	St. Anne's School, Sarnia

**Volunteers guaranteed a fun & rewarding experience!**

sarnia.coordinator@specialolympicsontario.ca  
[sarnia.specialolympicsontario.ca](http://sarnia.specialolympicsontario.ca)



**United Way**  
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**YOUR DONATION = Measurable Impact**

**18**

**Local Agencies**

**36**

**Local Programs & Services**

1362 Lambton Mall Road, Unit 10  
 P.O. Box 548, Sarnia, Ontario N7T 7J4

**Phone:** 519-336-5452  
**Email:** info@theunitedway.on.ca



## Regular Weekly Activities - Strangway Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hobby Shop*</b> 9:00am to 12:00pm	<b>Hobby Shop*</b> 9:00am to 12:00pm 1:00pm to 4:00pm	<b>Hobby Shop*</b> 9:00am to 12:00pm 1:00pm to 4:00pm	<b>Hobby Shop*</b> 9:00am to 12:00pm 1:00pm to 4:00pm	<b>Hobby Shop*</b> 9:00am to 12:00pm 1:00pm to 4:00pm
<b>Painting Club*</b> 9:00am to 12:00pm	<b>Duplicate Bridge*</b> 9:00am to 12:00pm	<b>Carpet Bowling*</b> 9:30am to 11:00am	<b>Scrabble*</b> 10:00am to 1:00pm	<b>Pickleball*</b> 10:30am to 12:30pm
<b>Crokinole</b> 9:00am to 11:00am	<b>Social Bridge*</b> 1:00pm to 4:00pm	<b>Table Tennis*</b> 9:30am to 11:00am	<b>Billiards*</b> 1:00pm to 4:00pm	<b>Billiards*</b> 1:00pm to 4:00pm
<b>Quilting</b> 12:30pm to 3:30pm	<b>Euchre*</b> 1:00pm to 4:00pm	<b>Pepper*</b> 1:00pm to 4:00pm	<b>Shuffleboard*</b> 1:30pm to 3:30pm	<b>Chess*</b> 1:00pm to 4:00pm
<b>Billiards*</b> 1:00pm to 4:00pm		<b>Men's 9-Ball*</b> 1:00pm to 3:30pm	<b>Mah-jong*</b> 1:30pm to 4:30pm	<b>Pepper*</b> 1:00pm to 4:00pm
<b>Cribbage*</b> 1:30pm to 4:30pm		<b>SUES (Ukulele)</b> 1:00pm to 3:30pm Ends June 26		
<b>Pickleball*</b> 3:00pm to 5:00pm				
<b>Euchre*</b> 6:00pm to 8:50pm				

\*Activity token applies. Cost is \$2.00 member, \$5.00 non-member

**Painting Club** - Work on painting projects together in a social atmosphere. Please bring your own materials.

**Quilting** - A group of volunteers who hand-quilt a quilt that is raffled off at the annual Strangway Bazaar. No activity token required.

**Cribbage** - A card game for two to four players, in which the objective is to play so that the value of one's cards played reaches exactly 15 or 31.

**Pickleball** - A game resembling tennis/table tennis in which players use paddles to hit a Wiffle ball over a net. Games are often played in doubles. Please bring clean shoes to play indoors. If you do not know how to play we suggest taking a course (which we offer) prior to attending.

**Crokinole** - A board game played on a circular surface using small discs in which the object is to land the disc closest to the middle and remove the opponents discs.

**Euchre** - A card game with four players, played with the 9, 10, face and ace cards with the aim being to win at least three of the five tricks played. Prize fee applies.

**Duplicate Bridge** - A competitive form of bridge in which the same hands are played successively by different partnerships; a partner is required to play. If you do not have a partner please let us know as we may be able to find you one. Bridge courses are offered at the Centre if you do not know how to play. Prize fee applies.

**Social Bridge** - A more relaxed bridge game than duplicate bridge. No partners required. Bridge courses are offered at the Centre if you do not know how to play.

**Carpet Bowling** - A game that resembles lawn bowling, played

indoors with a round or slightly asymmetric balls on a carpet.

**Table Tennis** - An indoor game based on tennis, played with small paddles and a ball bounced on a table divided by a net.

**Pepper** - Similar to euchre but with bidding. A \$0.50 prize fee is required.

**SUES (Ukulele)** - Strangway Ukulele Ensemble. A fun group of ukulele enthusiasts who play at various gigs around Sarnia (such as long term care homes). You must know how to play the ukulele to join (we offer a course at the Centre).

**Scrabble** - A board game in which players use lettered tiles to create words in a crossword fashion.

**Shuffleboard** - A game played by pushing disks with a long-handled cue over a marked surface. Our shuffleboard courts are on a wood floor. Disks can be pushed from a seated position.

**Mah-jong** - A game of Chinese or Philippine origin usually played by four persons with 144 dominoes like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. If you don't know how to play please drop in to our group and we would be happy to teach you!

**Chess** - A game for two players each of who moves 16 pieces according to fixed rules across a checkerboard and tries to checkmate the opponent's king.

**Please note:** All necessary supplies are supplied for Daily Activities by the Centre unless noted otherwise. A token fee applies (unless otherwise stated).



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**Balancing Methods:**

REIKI, REFLEXOLOGY, SOUND THERAPY, CRYSTALS, TAPPING etc.? There are many "Energy modalities" that help balance the body, mind and spirit for better health and this class will introduce you to their individual characteristics. The information from the previous classes is expanded upon in Brain/Body connection. **SCC**

**FALL 2019**

**Date:** Tuesday, October 1  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander

7642

**The Brain to Body Connection:**

Most of us take time to exercise our bodies but not always our brains! The important part is to exercise both of them and have them working together. This class will introduce you to specific exercises that will help connect the brain and body and have you feeling more vibrant and alive. The information from the previous classes offered is expanded upon in "Breathing", "How Do You Breathe". **SCC**

**FALL 2019**

**Date:** Tuesday, October 8  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander

7643

**Breathing:**

How do you Breathe?: Most of us are on automatic pilot when it comes to breathing. Find out how YOU breathe and learn the meaning of your breath pattern. Be introduced to different methods of breathing used to enhance your life, give you energy and even let go of past stresses. Live life to the fullest! BREATHE! **SCC**

**FALL 2019**

**Date:** Tuesday, October 15  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander

7644

**The Law of Attraction: Going Forward:**

There is a universal law known as the Law of Attraction- what you put out comes back to you! Be introduced to various methods of using this law and manifesting how you see your life. Good health? Financial freedom? Love and relationships? It's all up to you! **SCC**

**FALL 2019**

**Date:** Tuesday, October 22  
**Time:** 10:30am to 12:00pm  
**Cost:** Member: \$16.00. Non Member: \$19.00  
**Location:** Strangway Craft Room  
**Instructor:** Georgia Gander

7645

**Living Life to the Full:**

Sponsored by the Canadian Mental Health Association (CMHA). This course offers you enjoyable and interactive weekly sessions that will help you understand your feelings, thoughts and behaviours and what to do about them. Moderated by a trained instructor from the CMHA and includes booklets, handouts, exercises and discussions. **SCC**

**SPRING 2020**

**Date:** Tuesday, April 14 to June 2 (8 classes)  
**Time:** 10:00am to 11:30am  
**Cost:** \$45.00  
**Location:** Strangway Craft Room  
**Instructor:** Joanne Simpson

7781

**Meditation with Richard:**

Gather to practice and share your meditation experience. Bring your own zafu or stool; no chairs please (unless needed for accessibility). No previous experience required, instruction is freely given by a Soto Zen Buddhist Monk. **SCC**

**Date:** Thursday's, September 19 to May 28  
**Time:** 9:00am to 9:45am  
**Cost:** By donation  
**Location:** Strangway Studio  
**Instructor:** Richard Maxwell

7820

**Mindfulness Meditation Group:**

A group to support your ongoing meditation practice. 30 minutes of self-guided mindfulness meditation and discussion. New members are welcome. Experience with mindfulness meditation is required since there will not be meditation instruction. Contact Deb Morris (deb.morris12@gmail.com) for more information. **SCC**

**Date and Time:** Thursdays, 1:30pm to 3:00pm  
**Cost:** Member: \$2.25. Non Member: \$5.00 (pay as you go)  
**Location:** Strangway Centre Committee Room

**FALL 2019** September 12 to December 12

**WINTER 2020** January 9 to March 26

**SPRING 2020** April 2 to May 28

**Practicing Mindfulness with Rachel:**

Mindfulness is the paying attention to one's experiences in the present moment. This class will include a series of affirmations, breathing techniques, meditation and flow movement. Improved mood and reduced stress are some of the benefits achieved by using various breathing and movement techniques. A great way to spend your lunch break from work! **SCC**

**Date and Time:** Mondays, 12:00pm to 12:30pm  
**First Fall, Winter & Spring Program Cost:** Member: \$48.00. Non Member: \$60.00  
**Second Fall Program Cost:** Member: \$40.00. Non Member: \$50.00

**Location:** Strangway Studio  
**Instructor:** Rachel Harrison

**FALL 2019** September 16 to November 4 6 classes [7737](#)

November 18 to December 16 5 classes [7738](#)

**WINTER 2020** January 13 to February 24 6 classes [7739](#)

March 2 to April 6 6 classes [7740](#)

**SPRING 2020** April 20 to June 1 7 classes [7741](#)

## Sports:

**Co-Ed Badminton:**

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

**Time:** 7:30pm to 9:30pm

**Location:** TBD

**Cost:** \$28.00

<b>FALL 2019</b>	Tuesday, September 24 to December 10	<a href="#">7932</a>
	Thursday, September 26 to December 12	<a href="#">7933</a>
<b>WINTER 2020</b>	Tuesday, January 7 to March 31	<a href="#">7934</a>
	Thursday, January 9 to April 2	<a href="#">7935</a>
<b>SPRING 2020</b>	Tuesday, April 7 to June 23	<a href="#">7936</a>
	Thursday, April 9 to June 25	<a href="#">7937</a>

**Co-Ed Basketball:**

Recreational basketball for adults to split up in to two groups to play. Participants must have knowledge of the game. Games will not be refereed.

**Date and Time:** Wednesdays, 7:30pm to 9:30pm

**Location:** TBD

**Cost:** \$28.00

<b>FALL 2019</b>	September 25 to December 11	<a href="#">7938</a>
<b>WINTER 2020</b>	January 8 to April 1	<a href="#">7939</a>

**Intro to Golf:**

Learn the basics of golf in a fun and informal atmosphere. The classes will cover the basics of a proper set up, putting, chipping, and the full swing. **SCC**

**Date:** Tuesday, May 5 to June 9

**Cost:** Member: \$70.00. Non Member: \$80.00

**Location:** Strangway Room

**Instructor:** Darrick Harrop

<b>SPRING 2020</b>	3:00pm to 4:00pm	6 classes	<a href="#">7775</a>
	4:15pm to 5:15pm	6 classes	<a href="#">7776</a>

**Pickleball (Intermediate Recreational):**

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

**Time:** 7:30pm to 9:30pm

**Cost:** Member: \$25.00. Non Member: \$28.00

**Location:** TBD

<b>FALL 2019</b>	Tuesday, September 24 to December 17	<a href="#">7909</a>
	Thursday, September 26 to December 19	<a href="#">7912</a>
	Friday, October 4 to December 20	<a href="#">7915</a>
<b>WINTER 2020</b>	Tuesday, January 7 to March 10	<a href="#">7910</a>
	Thursday, January 9 to March 12	<a href="#">7913</a>
	Friday, January 10 to March 13	<a href="#">7916</a>
<b>SPRING 2020</b>	Tuesday, March 24 to May 19	<a href="#">7911</a>
	Thursday, March 26 to May 21	<a href="#">7914</a>
	Friday, March 27 to May 22	<a href="#">7917</a>

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**Pickleball (Recreational Level of Play):**

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

**Time:** 7:30pm to 9:30pm

**Cost:** Member: \$25.00. Non Member: \$28.00

**Location:** TBD

FALL 2019	Tuesday, September 24 to December 17	7918
	Tuesday, September 24 to December 17	7924
	Wednesday, September 25 to December 18	7921
	Thursday, September 26 to December 19	7929
WINTER 2020	Tuesday, January 7 to March 10	7919
	Tuesday, January 7 to March 10	7925
	Wednesday, January 8 to March 11	7922
	Thursday, January 9 to March 12	7928
SPRING 2020	Tuesday, March 24 to May 19	7920
	Tuesday, March 24 to May 19	7926
	Wednesday, March 25 to May 20	7923
	Thursday, March 26 to May 21	7927

**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.

**Date and Time:** Thursdays, 7:30pm to 9:30pm

**Cost:** Member: \$17.00. Non Member: \$20.00

**Location:** TBD

FALL 2019	September 26 to December 19	7906
WINTER 2020	January 9 to March 12	7907
SPRING 2020	March 26 to May 28	7908

**Arts and Culture:****Visual Arts:****Drawing: the Basics:**

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 to dimensional look. We will explore various topics, tools, techniques and beyond. These skills will help you on your way towards the joy of drawing.

**Date and Time:** Fridays, 9:00am to 11:00am

**Cost:** Member: \$115.00. Non Member: \$133.00

**Location:** Newton Centre

**Instructor:** Barbara Fisher

FALL 2019	September 20 to November 22	10 classes	7812
WINTER 2020	January 10 to March 13	10 classes	7813

**Watercolours: the Basics:**

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, tool, 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.

**Location:** Newton Centre

**Instructor:** Barbara Fisher

**FALL 2019**

**Date:** Friday, September 20 to November 22 (10 classes)

**Time:** 3:15pm to 5:15pm

**Cost:** Member: \$115.00. Non Member: \$133.00

7814

**Art Studio: Beginner:**

If you have completed a basic drawing or watercolour course and would like to continue to develop your skills and try other styles and mediums than this is the class for you. Suggestions for course material and interests from students are welcomed.

**Date and Time:** Fridays, 3:00pm to 6:00pm

**Cost:** Member: \$138.00. Non Member: \$158.00

**Location:** Newton Centre

**Instructor:** Barbara Fisher

WINTER 2020	January 10 to March 13	10 classes	7818
SPRING 2020	April 3 to June 12	10 classes	7819

**Art Studio: Intermediate:**

If you have been painting and drawing for a while and would like to continue developing your skills or focusing on your favourite style and medium, then this class is for you. Suggestions for course material and contents and student interests are welcomed. Note: This Art studio class is for anyone who has been taking the art studio class or have been painting and drawing for a while and would like to develop their skills and style further.

**Date and Time:** Fridays, 12:00pm to 3:00pm

**Cost:** Member: \$138.00. Non Member: \$158.00

**Location:** Newton Centre

**Instructor:** Barbara Fisher

FALL 2019	September 20 to November 22	10 classes	7815
WINTER 2020	January 10 to March 13	10 classes	7816
SPRING 2020	April 3 to June 12	10 classes	7817

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### Crafts:

#### Card Making:

A monthly card making group with Stampin' Up! Fee includes instruction and all materials to make two cards. Samples can be seen at the Strangway Centre. **SCC**

**Date and Time:** Wednesdays, 10:00am to 11:00am

**Cost:** Member: \$11.50. Non Member: \$13.50

**Location:** Strangway Committee Room

**Instructor:** Angela Brodhagen

FALL 2019	September 25	7794
	October 23	7795
	November 27	7796
WINTER 2020	January 22	7797
	February 26	7798
	March 25	7799
SPRING 2020	April 22	7800
	May 27	7801

#### Handweaving:

Learn the art of weaving on a loom! Participants will be provided with, on loan from the Guild, a four shaft table loom for the duration of the course as well as all the necessary supplies for the projects. Participants will be guided through how to plan a project, choosing and measuring yarn, dressing the loom, weaving ancient patterns to create fabric, and finishing their own project. Course taught by the Members of the Sarnia Handweavers and Spinners Guild. **SCC**

#### FALL 2019

**Date:** Thursday, October 3 to October 31 (5 classes)

**Time:** 9:30am to 12:00pm

**Cost:** Member: \$40.00. Non Member: \$46.00

**Location:** Strangway Craft Room

7631

#### Introduction to Leather Carving:

Learn the basics of leather carving, tooling, and dye work with Allen Williams "The Leather Man" who has over 60 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! **SCC**

#### FALL 2019

**Date:** Tuesday, November 5 to December 10 (6 classes)

**Time:** 10:00am to 12:00pm

**Cost:** Member: \$78.00. Non Member: \$89.00

**Location:** Strangway Craft Room

**Instructor:** Allen Williams

7803

### Leather Carving: Intermediate:

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. **SCC**

#### WINTER 2020

**Date:** Tuesday, January 14 to February 18 (6 classes)  
**Time:** 10:00am to 12:00pm  
**Cost:** Member: \$138.00. Non Member: \$159.00  
**Location:** Strangway Craft Room  
**Instructor:** Allen Williams

7804

### Learn to Knit and Crochet:

Learn to knit and/or crochet in this 6 week course. Needles and yarn (to start you out) will be supplied if you do not have any. **SCC**

#### FALL 2019

**Date:** Wednesday, October 2 to November 6 (6 classes)  
**Time:** 1:00pm to 3:00pm  
**Cost:** Member: \$69.00. Non Member: \$79.00  
**Location:** Strangway Committee Room

7904

### Music:

#### Guitar Lessons: Beginner:

Learn basic cords, whole note scales, minor pentatonic scales, how to read guitar tabs and learn some songs. Brush the dust off the acoustic guitar that you've been saying you'll learn how to play some day and have some fun! A beginner class but intermediate guitarists are welcome to come out as well. **SCC**

**Date and Time:** Wednesdays, 4:00pm to 5:00pm  
**Cost:** Member: \$115.00. Non Member: \$130.00  
**Location:** Strangway Studio  
**Instructor:** Dan Caraher

<b>FALL 2019</b>	September 18 to November 20	10 classes	7841
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<b>WINTER 2020</b>	January 8 to March 11	10 classes	7842
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#### Guitar Lessons: Intermediate:

Continue to build upon the skills you acquired in the beginner class. **SCC**

**Date and Time:** Wednesdays, 5:15pm to 6:15pm  
**Cost:** Member: \$115.00. Non Member: \$130.00  
**Location:** Strangway Studio  
**Instructor:** Dan Caraher

<b>FALL 2019</b>	September 18 to November 20	10 classes	7843
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<b>WINTER 2020</b>	January 8 to March 11	10 classes	7844
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#### Strangway Social Singers:

This fun choir is ideal for anyone who loves to sing, regardless of choral experience. We will not be using sheet music so it is not required to know how to read music. Join us to sing your heart out to some of your favourite pop songs! **SCC**

**Date and Time:** Tuesdays, 2:00pm to 3:00pm  
**Fall Program Cost:** Member: \$35.00. Non Member: \$40.00  
**Winter & Spring Program Cost:** Member: \$47.00. Non Member: \$55.00

**Location:** Strangway Room  
**Instructor:** Miranda McLean-Corless

<b>TRY IT CLASS</b>	September 17	FREE	7878
<b>FALL 2019</b>	September 24 to December 10	12 classes	7879
<b>WINTER/SPRING 2020</b>	January 7 to May 12	18 classes	7880

#### Strangway Ukulele Ensemble (the SUES):

If you are a ukulele player who is looking for a fun group to jam with this is the group for you. The SUES meet weekly to practice and perform a couple of times a month at various locations in the Sarnia area. **SCC**

**Date:** Wednesday's, September 4, 2019 to June 24, 2020  
**Time:** 1:00 to 2:30pm  
**Cost:** Token fee  
**Location:** Strangway Studio

**Ukulele Lessons:**

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

**Date and Time:** Wednesdays, 11:30am to 12:30pm

**Cost:** Member: \$20.00. Non Member: \$24.00

**Location:** Strangway Studio

**Instructor:** Rick Clements

<b>FALL 2019</b>	September 11 to October 16	6 classes	<a href="#">7724</a>
<b>WINTER 2020</b>	January 8 to February 12	6 classes	<a href="#">7725</a>
<b>SPRING 2020</b>	April 1 to May 6	6 classes	<a href="#">7726</a>

**Languages:****Italian: Basic:**

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

**Date and Time:** Wednesdays, 5:00pm to 6:30pm

**Cost:** Member: \$96.00. Non Member: \$113.00

**Location:** Strangway Craft Room

**Instructor:** Rosanna Zuniga DiBrita

<b>FALL 2019</b>	September 18 to November 20	10 classes	<a href="#">7632</a>
<b>WINTER 2020</b>	January 8 to March 11	10 classes	<a href="#">7633</a>
<b>SPRING 2020</b>	March 25 to May 27	10 classes	<a href="#">7634</a>

**Italian: Conversational:**

If you've mastered the basics of Italian join our conversational group for more practice. This group is designed for intermediate/advanced speakers. **SCC**

**Date and Time:** Wednesdays, 3:30pm to 5:00pm

**Cost:** Member: \$96.00. Non Member: \$113.00

**Location:** Strangway Craft Room

**Instructor:** Rosanna Zuniga DiBrita

<b>FALL 2019</b>	September 18 to November 20	10 classes	<a href="#">7635</a>
<b>WINTER 2020</b>	January 8 to March 11	10 classes	<a href="#">7636</a>
<b>SPRING 2020</b>	March 25 to May 27	10 classes	<a href="#">7637</a>

**French: Basic:**

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 including counting, telling time, days, months and seasons, money and credit cards, small talk and meals and restaurants. **SCC**

**Date and Time:** Mondays, 6:00pm to 7:30pm

**Cost:** Member: \$104.00. Non Member: \$120.00

**Location:** Strangway Craft Room

**Instructor:** Suzanne Quinn

<b>FALL 2019</b>	September 16 to December 2	10 classes	<a href="#">7715</a>
<b>WINTER 2020</b>	January 13 to March 23	10 classes	<a href="#">7716</a>
<b>SPRING 2020</b>	April 6 to June 22	10 classes	<a href="#">7717</a>

**French: Conversation Circle:**

Once you feel comfortable with basic French, continue to practice French with other participants in a conversational setting. This class is suitable for those who feel they are at an intermediate or advanced level of French. **SCC**

**Date and Time:** Thursdays, 7:30pm to 8:30pm

**Cost:** Member: \$86.00. Non Member: \$100.00

**Location:** Strangway Craft Room

**Instructor:** Suzanne Quinn

<b>FALL 2019</b>	September 19 to November 21	10 classes	<a href="#">7718</a>
<b>WINTER 2020</b>	January 16 to March 19	10 classes	<a href="#">7719</a>
<b>SPRING 2020</b>	April 9 to Jun 11	10 classes	<a href="#">7720</a>

**French: Advanced (Book Study):**

Continue to improve your French in this book study course. The book will be announced in the first class and will be provided. This group is suited for advanced speakers. **SCC**

**Date and Time:** Thursdays, 6:00pm to 7:30pm

**Cost:** Member: \$104.00. Non Member: \$120.00

**Location:** Strangway Craft Room

**Instructor:** Suzanne Quinn

<b>FALL 2019</b>	September 19 to November 21	10 classes	<a href="#">7721</a>
<b>WINTER 2020</b>	January 16 to March 19	10 classes	<a href="#">7722</a>
<b>SPRING 2020</b>	April 9 to Jun 11	10 classes	<a href="#">7723</a>

**Spanish: Basic:**

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. **SCC**

**Cost:** Member: \$123.00. Non Member: \$141.00

**Location:** Strangway Studio

**Instructor:** Petra Ramos

**FALL 2019**

**Date:** Tuesday, September 17 to November 19 (10 classes)  
**Time:** 6:30pm to 7:30pm [7751](#)

**Date:** Tuesday, September 17 to November 19 (10 classes)  
**Time:** 7:30pm to 8:30pm [7752](#)

**WINTER 2020**

**Date:** Tuesday, January 14 to March 17 (10 classes)  
**Time:** 6:30pm to 7:30pm [7753](#)

**Spanish: Conversation Circle:**

Once you are comfortable with the concepts learned in the basic Spanish class, continue to develop your conversational Spanish in a group setting. This class is suitable for intermediate and advanced speakers. **SCC**

**Date and Time:** Tuesdays, 5:00pm to 6:30pm

**Cost:** Member: \$123.00. Non Member: \$141.00

**Location:** Strangway Studio

**Instructor:** Petra Ramos

<b>FALL 2019</b>	September 17 to November 19	10 classes	<a href="#">7754</a>
<b>WINTER 2020</b>	January 14 to March 17	10 classes	<a href="#">7755</a>

## Hobbies and Learning:

**Learn Bridge In a Day:**

This course is aimed at true beginners, those returning to bridge after long absences and those wanting to "test the waters" before committing to a session of classes. Student workbook is included. **SCC**

**FALL 2019**

**Date:** Wednesday, September 18

**Time:** 9:30am to 2:30pm

**Cost:** Member: \$40.00. Non Member: \$45.00

7840

**Location:** Strangway Craft Room

**Instructor:** Raj Seth

**Beginner Social Bridge: Level One:**

This course is aimed at people who have little or no experience playing and/ or people who played earlier and are now returning after a long hiatus. This course will cover Book 1 & 2 (not included in fee). To pics include basic bidding, play and defense. **SCC**

**FALL 2019**

**Date:** Wednesday, September 25 to October 30 (6 classes)

**Time:** 1:00pm to 3:30pm

**Cost:** Member: \$86.00. Non Member: \$99.00

7836

**Location:** Strangway Craft Room

**Instructor:** Raj Seth

**Beginner Social Bridge: Level Two:**

This course will build upon what we learn in course one and includes advanced bidding and commonly used convent conventions. Book 3 will be used (not included in fee). **SCC**

**FALL 2019**

**Date:** Wednesday, November 6 to December 11 (6 classes)

**Time:** 1:00pm to 3:30pm

**Cost:** Member: \$86.00. Non Member: \$99.00

7837

**Location:** Strangway Craft Room

**Instructor:** Raj Seth

**Intermediate Social Bridge: Level One:**

This course will build upon what we learn in course two and will focus on play of hand, defense and strategy. We will continue to use book 3 in this course. **SCC**

**WINTER 2020**

**Date:** Wednesday, January 8 to February 12 (6 classes)

**Time:** 1:00pm to 3:30pm

**Cost:** Member: \$86.00. Non Member: \$99.00

7838

**Location:** Strangway Craft Room

**Instructor:** Raj Seth

# WINTER IS COMING

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**Intermediate Social Bridge: Level Two:**

This course will build upon what we learn in course three so you can feel comfortable playing social bridge in a community setting. **SCC**

**WINTER 2020**

**Date:** Wednesday, February 19 to March 25 (6 classes)  
**Time:** 1:00pm to 3:30pm  
**Cost:** Member: \$86.00. Non Member: \$99.00 [7839](#)  
**Location:** Strangway Craft Room  
**Instructor:** Raj Seth

**Cooking for One or Two:**

Are you cooking for one or two and finding it challenging? In this course you will learn how to shop, plan, prep and cook healthy, affordable meals for one or two people. Learn how to incorporate vegetables and complex carbs into your meals. You will also learn how to repurpose leftovers into a new meal and how to properly store leftovers. **SCC**

**FALL 2019**

**Date:** Thursday, November 14 to December 5 (6 classes)  
**Time:** 2:30pm to 3:30pm  
**Cost:** Member: \$110.00. Non Member: \$125.00 [7847](#)  
**Location:** Strangway Studio  
**Instructor:** Lisa Matlovich

**Cooking with Paresh:**

Chef Paresh of Personal Touch Eatery and Catering will teach you a variety of cooking styles and cuisines in a series of interactive cooking classes. **SCC**

**Date and Time:** Wednesdays, 6:00pm to 8:00pm  
**Cost:** Member: \$45.00. Non Member: \$50.00  
**Location:** Strangway Kitchen  
**Instructor:** Paresh Thakkar

**FALL 2019**

Chinese Stir Fries	September 25	<a href="#">7850</a>
Vegetarian Curries	October 30	<a href="#">7851</a>
Mexican Twists on Comfort Foods	November 27	<a href="#">7852</a>

**WINTER 2019**

Vegan Cooking	January 29	<a href="#">7853</a>
Soups	February 26	<a href="#">7854</a>
Thai	March 25	<a href="#">7855</a>

**SPRING 2019**

Farmer's Market - Spring Fresh	April 29	<a href="#">7856</a>
Grilling and Marinades	May 27	<a href="#">7857</a>

**Cyber Seniors:**

Cyber Seniors is an intergenerational program to assist seniors in learning how to use a computer or tablet with the assistance of a high school aged student as a volunteer instructor. In this 8 week program you will learn the basics of using your device from turning it on to browsing the internet to sending an email and using Facebook. You must bring your device with you. **SCC**

**Time:** Mondays, 3:00pm to 5:00pm  
**Cost:** Member: \$20.00. Non Member: \$23.00  
**Location:** Strangway Studio

<b>FALL 2019</b>	October 7 to December 16	8 classes	<a href="#">7834</a>
<b>WINTER 2020</b>	February 24 to April 27	8 classes	<a href="#">7835</a>

**Investing for Seniors by Seniors:**

This course is designed to help seniors get a basic understanding of investing with the help of a self to taught investor. To pics will include setting financial goals, risk / reward, TFSA RRSPs, GICs, bonds & stocks, ETFs, Mutual Funds. It will also arm you with the questions to ask your broker or banker. I have been investing with the help of brokers on commission, brokers on fixed payment and DIY with help of Globe Investor and Investment Newsletter. **SCC**

**Time:** Tuesdays, 1:00pm to 2:30pm  
**Cost:** Member: \$35.00. Non Member: \$40.00  
**Location:** Strangway Craft Room  
**Instructor:** Raj Seth

<b>FALL 2019</b>	October 8 to October 22	3 classes	<a href="#">7845</a>
<b>WINTER 2020</b>	January 14 to January 28	3 classes	<a href="#">7846</a>

**Photography for Beginners Workshop:**

Want to understand your camera better? Join us for this 3 hour hands on photography workshop. You will learn how to use your camera on manual, giving you full creative control of your photos. After some time in the classroom, we will be outside practicing our new skills. We will touch on composition as well as exposure. **SCC**

**Time:** Fridays, 1:30pm to 4:30pm  
**Cost:** Member: \$43.00. Non Member: \$50.00  
**Location:** Strangway Studio  
**Instructor:** Lorrie Williams

<b>FALL 2019</b>	October 18	<a href="#">7787</a>
<b>SPRING 2020</b>	June 12	<a href="#">7788</a>

**Photography: the Basics:**

Learn the basics about lighting and composition to take your photography to the next level. This course will help you understand your camera better, what do all those buttons do? (Please bring your owner's manual with you.) Understand light and how to use it to make your photos better. We will also discuss composition and cropping. There will be practice assignments to complete. This is a very basic course. **SCC**

**FALL 2019**

**Date:** Thursday, September 19 to November 7 (8 classes)  
**Time:** 3:00pm to 4:00pm  
**Cost:** Member: \$115.00. Non Member: \$132.00 [7833](#)  
**Location:** Strangway Studio  
**Instructor:** Lorrie Williams

**Shuffleboard Lessons:**

Would you like to try shuffleboard but you aren't sure how to play? Come try it for free and we will show you the in's and out's of this fun, social game! **SCC**

**Time:** Thursdays, 12:00pm to 1:00pm  
**Cost:** Free  
**Location:** Strangway Room  
**Instructor:** Francis Burdett

<b>FALL 2019</b>	September 5	<a href="#">7773</a>
<b>WINTER 2020</b>	January 9	<a href="#">7774</a>

**Women's Woodworking for Beginners:**

For women, led by women. Build your confidence in the hobby shop and gain practical skills. Students will become comfortable with various woodworking tools and techniques. You will select a project to help practice your new skills. Materials extra. **SCC**

**FALL 2019**

**Date:** Wednesday, September 18 to October 23 (6 classes)  
**Time:** 9:00am to 12:00pm  
**Cost:** Member: \$60.00. Non Member: \$70.00 **7895**  
**Location:** Strangway Hobby Shop  
**Instructor:** Susan Brooks and Judy App

**Discussion Groups****Book Club:**

Join us to discuss a new book on the last Tuesday of each month. **SCC**

**Time:** Tuesdays, 10:30am to 12:00pm  
**Cost:** Free  
**Location:** Strangway Committee Room

<b>FALL 2019</b>	September 24	<b>7765</b>
	October 29	<b>7766</b>
	November 26	<b>7767</b>
<b>WINTER 2020</b>	January 28	<b>7772</b>
	February 25	<b>7768</b>
	March 31	<b>7769</b>
<b>SPRING 2020</b>	April 28	<b>7770</b>
	May 26	<b>7771</b>

**Current Events Discussion Group:**

Discuss a variety of current events in a group setting on the third Thursday of each month. The convener will provide a variety of topics to discuss. Topic suggestions welcome. **SCC**

**Time:** Thursdays, 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Cafe

<b>FALL 2019</b>	September 19	<b>7756</b>
	October 17	<b>7757</b>
	November 21	<b>7758</b>
	December 19	<b>7759</b>
<b>WINTER 2020</b>	January 16	<b>7760</b>
	February 20	<b>7761</b>
	March 19	<b>7762</b>
<b>SPRING 2020</b>	April 16	
	May 21	

**Foodie Fanatics:**

On the third Saturday of each month join us for Foodie Fanatics, a recipe swap group. We will have a theme which participants will consider when choosing which recipe to bring. Please bring a binder to keep your recipe collection in and copies of your recipe to share. One person will also review a cook book each month. **SCC**

**Date and Time:** Saturdays, 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Cafe

**FALL 2019**

My Favourite Recipe	September 21	<b>7896</b>
Quick Dinners	October 19	<b>7897</b>
Holiday Baking	November 16	<b>7898</b>

**WINTER 2019**

Healthy Snacks	January 18	<b>7899</b>
Soups	February 15	<b>7900</b>
Slow Cooker Recipes	March 21	<b>7901</b>

**SPRING 2019**

Side Dishes	April 18	<b>7902</b>
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**Social Groups:****Hygge Afternoons:**

In Denmark the Danish practice hygge ("hue-gah", which means cozy) to boost happiness in the cold, dark Fall and Winter. Wear your comfy clothes, play a game, make a puzzle, bring a book or your knitting or just come to have a coffee and socialize at hygge afternoons on Tuesdays (excluding the first Tuesday of the month). We will provide comfort food snacks as well. Come out to socialize, relax and warm up! Please note: Fee is one token per visit. **SCC**

**Time:** Tuesdays, 1:00pm to 3:00pm  
**Cost:** Member: \$2.25. Non Member: \$5.00 (token fee)  
**Location:** Strangway Craft Room

<b>FALL 2019</b>	November 12 to December 17
<b>WINTER 2020</b>	January 14 to March 31

**Men's Morning:**

A social group for men to meet new friends and shoot the breeze with the guys. Coffee and breakfast items will be available (for a fee). **SCC**

**Date:** First Thursday monthly  
**Time:** 9:00am to 10:30am  
**Location:** Strangway Cafe

**Women in Touch:**

A social group for women with various outings, activities and dinner outings each month. Please contact us to become involved in our fun group!

**Contact:** Lynne Betteridge, lbetteridge@cogeco.ca or Strangway: 519 332 0656  
**Cost:** \$10 annual fee

## LIFE CAN BE HARD FINDING HELP CAN BE EASY



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**CONTACT 211 DAY OR NIGHT FOR SUPPORT  
FOR ALL OF LIFE'S CHALLENGES**

### Support Groups:

#### Parkinson's Support Group:

A monthly support group for people living with Parkinson's and their caregivers.

**Date:** The 4th Wednesday monthly, September to May

**Time:** 2:00pm to 4:00pm

**Location:** Clearwater Arena, Lower Hall


**Contact:** Carolyn Young, ryoung55@cogeco.ca or 519 337 5330

### Seminars:

#### Facts and Chat:

A free seminar series on a variety of topics from speakers in our community.

#### Facts & Chat - Balance and Hearing:

Learn about how our bodies maintain balance, different causes of dizziness (disorders or other medical causes) and how to cope or seek treatment, and about falls and fall prevention. In partnership with Rapids Family Team. Presenter from the Canadian Hearing Society. 

#### FALL 2019

**Date:** Monday, September 9

**Time:** 10:00am to 11:30am

**Cost:** Free

**Location:** Strangway Studio

7659



## Noelle's Gift

upcoming events...

*NOELLE'S GIFT* was established in January 2013, in honour of a beautiful, dedicated, caring volunteer and school teacher named Noelle Paquette. Our committee is volunteer based and all of our efforts support Noelle's legacy to ensure students in our community "Grow Up Great"!

*NOELLE'S GIFT* is very thankful for the tremendous support we receive from our local communities. We cannot do this without you!

We host four annual fundraising events and two Pay-It-Forward family fun days each year.



**SATURDAY OCTOBER 5, 2019**

5km / 10km run or 5km walk

Sarnia's only annual night run!

## Winter Fun Day

**SATURDAY, NOVEMBER 23, 2019**

St. Matthew Catholic School

720 Elm Ave., Sarnia

Horse-pulled sleigh, movie, popcorn, pizza, crafts. Fun for all ages!



**SATURDAY, JANUARY 25, 2020**

Noelle's Gift Formal Gala

"Night at the Oscars"

An event you will not forget!

Registration opens August 1, 2019



**EVERY SATURDAY IN JULY & AUGUST**

Sponsored free swim at Tecumseh Pool

If you wish to donate, volunteer or would like further information, please visit [noellesgift.ca](http://noellesgift.ca), Facebook, Twitter and Instagram.

**Facts & Chat - Investing for Income:**

Today, income to oriented investors need their investments to work harder than ever before. In this session, we'll explore the challenges of investing for income in the current environment, and talk about strategies to generate tax efficient income. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

**FALL 2019****Date:** Wednesday, September 11**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7806](#)**Facts & Chat - Fraud Prevention and Driving Safety:**

Learn about the over 80 driving test, safe driving tips, warning signs for retiring your license and local alternative to driving options from M TO, Rapids Family Health Team and public health representatives. The OPP will discuss the latest scams and how to protect yourself from door to door sales, computer phishing, identify theft and other fraudulent activities. Presenters include: Kelley Elliott to Health promoter at Lambton Public Health Rachel Lamb to Occupational Therapist at Rapids Family Health Team Sean Wraight to Regional Marketing Planner Road User Safety West Region to Ministry of Transportation OPP. **SCC**

**FALL 2019****Date:** Monday, September 23**Time:** 10:00am to 11:30am**Cost:** Free**Location:** Strangway Craft Room[7805](#)**Facts & Chat - Foot Care from a Pedorthist Perspective:**

Our feet are the vehicles we use to get around most frequently in our lives, yet they are commonly neglected. Pedorthist, Julie Munday, of Sole decisions will join us to discuss how you can take proper care of your feet through pedorthic practices. **SCC**

**FALL 2019****Date:** Wednesday, September 25**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7889](#)**Facts & Chat - Travel Medical Insurance:**

Planning your winter vacations is not complete without travel insurance! Join Dayna Salisbury, from CAA, for a discussion on travel medical insurance and how you can enjoy your vacation worry to free. **SCC**

**FALL 2019****Date:** Wednesday, October 2**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7888](#)**Facts & Chat - Planned Giving:**

Making the most of your charitable contributions. Many Canadians donate every year to their favourite charities. In this session, we'll explore strategies to make your donations more intentional, and ensure that you maximize the tax benefits of your donations, both for yourself and the causes you support. Presented by Donald Haagsma, RBC Dominion Securities. Today, income to oriented investors need their investments to work harder than ever before. In this session, we'll explore the challenges of investing for income in the current environment, and talk about strategies to generate tax efficient income. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

**FALL 2019****Date:** Wednesday, October 9**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7807](#)**Facts & Chat - Fire Prevention and Safety:**

Many of us underestimate our risk to fire and this overconfidence can sometimes increase the risk. Join Fire Life Safety Educator, Mike Otis, from the Sarnia Fire Department, who will be speaking about how to prevent fires in your home, and how to react safely by following a fire escape plan. **SCC**

**FALL 2019****Date:** Wednesday, October 16**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7876](#)**Facts & Chat - Differentiating Alzheimer's from Dementia:**

Alzheimer's is a degenerative brain disease while Dementia is an overall group of symptoms. Education Coordinator, Christine Wright, from the Sarnia Alzheimer Society will join us for a discussion on the differences between Alzheimer's and Dementia, their impacts on individuals and risk factors of each. **SCC**

**FALL 2019****Date:** Wednesday, October 23**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7881](#)**Facts & Chat - How to Grow Successful Houseplants:**

During the winter, many miss seeing the lush greenery and our flourishing gardens. Bring the outdoors inside this year and join Lynn Baarschers, Degroofs Greenhouse Manager, who will take us through the do's and don'ts of indoor gardening. **SCC**

**FALL 2019****Date:** Wednesday, October 30**Time:** 10:00am to 11:00am**Cost:** Free**Location:** Strangway Craft Room[7894](#)

**Facts & Chat - Internet Safety for Seniors**

With new apps, websites & operating systems always emerging, it can be difficult to know how to keep your information safe. Sometimes being safe is as simple as adjusting your settings, while other material is best to keep off the internet. Nelson Amaral of the Sarnia Police will join us to discuss how you can keep using your favourite sites while assuring your information is secure. **SCC**

**FALL 2019****Date:** Wednesday, November 6**Time:** 10:00am to 11:00am**Cost:** Free

7992

**Location:** Strangway Craft Room**Facts & Chat - Estate Planning:**

What you need to know about being an executor. Settling an estate can be a lengthy and complex process. Whether you are planning for yourself or have been named as an executor for someone else, this session will explore the responsibilities of an executor, and cover strategies to minimize income taxes and probate fees. Presented by Donald Haagsma, RBC Dominion Securities. Today, income to oriented investors need their investments to work harder than ever before. In this session, we'll explore the challenges of investing for income in the current environment, and talk about strategies to generate tax efficient income. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

**FALL 2019****Date:** Wednesday, November 13**Time:** 10:00am to 11:00am**Cost:** Free

7808

**Location:** Strangway Craft Room

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**175 Indian Road S.****519-542-1011****Facts & Chat - The Aging Brain: Warning Signs vs Normal Aging:**

The human body & brain changes as we age, some are universal changes & some are unique to each individual. It can be difficult to determine what changes are expected and what symptoms of Dementia are. Education Coordinator, Christine Wright, from the Alzheimer's Society will discuss the aging brain & differentiate between warning signs and normal aging. **SCC**

**FALL 2019****Date:** Wednesday, November 20**Time:** 10:00am to 11:00am**Cost:** Free

7882

**Location:** Strangway Craft Room**Facts & Chat - Staying Connected with LCC:**

Long commutes, bad weather and unexpected injuries are just a few of the many reasons you may opt-out of leaving your house to participate in activity. Lambton County Connects (LCC) Coordinator, Lee Ann Woollings, will give a presentation on the Lambton County Connects (LCC) program which is a free, telephone based program offered to older adults who reside in Lambton County. **SCC**

**FALL 2019****Date:** Wednesday, November 27**Time:** 10:00am to 11:00am**Cost:** Free

7883

**Location:** Strangway Craft Room**Facts & Chat - Saving Money on Energy Bills:**

Are you looking to lower both your carbon footprint and your energy bill? CEO of Bluewater Power, Janice McMichael-Dennis, will discuss ways to save money and conserve energy in the winter months. **SCC**

**FALL 2019****Date:** Wednesday, December 4**Time:** 10:00am to 11:00am**Cost:** Free

7884

**Location:** Strangway Craft Room**Facts & Chat - Home Share Program:**

Home Share is about people helping people! An innovative housing program that matches seniors and students dedicated to helping each other through a transitional life stage. The idea of the program is for a Home Owner to rent a room and share accommodations with a student, who in exchange would provide certain supports around the home. This exchange of housing for services would result in a reduced rent for the student and completed chores around the home for the senior. **SCC**

**FALL 2019****Date:** Wednesday, December 11**Time:** 10:00am to 11:00am**Cost:** Free

7990

**Location:** Strangway Craft Room

**Facts & Chat - Humane Society Foster Program**

Pets offer us their unconditional love, keep us more active than we otherwise might be and bring us a sense of joy & companionship. That being said, sometimes due to financials, travel or other time restrictions, we cannot commit to adopting a pet. Foster-a-Pet program is a great way to spend time around animals while helping out the Sarnia District Humane Society! Animals in this program are in need of special care and attention for a short period of time until they are ready to be put up for adoption at the shelter. Join us for this chat to hear about the Humane Society and their Foster-a-Pet program. **SCC**

**FALL 2019**

**Date:** Wednesday, December 18  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

8000

**Facts & Chat - Fraud Prevention:**

Protecting yourself against fraud can be intimidating in a predominantly online world. Educating yourself on the many different forms of fraud, how they can occur and what you can do to prevent it is the best way to secure your finances. John Baragar, of Crime Stoppers Sarnia, will join us to give a presentation that outlines key strategies for preventing fraud. **SCC**

**WINTER 2020**

**Date:** Wednesday, January 8  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7885

**Facts & Chat - Staying on your Feet:**

Come and learn how to decrease your risk of falling, make your home safer and stay on your feet in the winter! This presentation will be led by the Occupational Therapist at Rapids Family Health Team, Rachel Lamb, and if you have questions (for yourself or family/friends) about how to prevent falls, balance, mobility, and more than this talk is for you! **SCC**

**WINTER 2020**

**Date:** Wednesday, January 15  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7993

**Facts & Chat - Galaxy Medical Alert Systems:**

Emergencies can happen at anytime and anywhere to anyone, and sometimes you may not be able to reach for your cell phone to call for help. Galaxy Medical Alert Systems offer personal emergency response systems to ensure that help during an emergency is only the push of a button away. Join Roy Bertelli of Galaxy Medical Alert Systems to learn about the different options their company offer to clients. **SCC**

**WINTER 2020**

**Date:** Wednesday, January 22  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7903

**Facts & Chat - Peer Support for Mental Wellness:**

Peer support is defined as "a supportive relationship between people who have a lived experience in common". Its importance stretches across all areas of our lives - self-esteem, positive thinking, and ability to cope with difficult situations much easier are just some of the benefits. Peer-support programs are also known to help with issues such as addiction, depression, bereavement, relationship problems, dementia, and more. Cheryl Iacobelli of Lambton Mental Wellness Centre, will join us to talk about the importance of peer support for our mental well-being. **SCC**

**WINTER 2020**

**Date:** Wednesday, January 29  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7983

**Facts & Chat - Coping with Alzheimer's:**

If you or a loved one has been diagnosed with Alzheimer's Disease, it can be a lot to process. Developing coping strategies can help individuals adapt to these changes easier and take an active role in managing the disease. Christine Wright, Education Coordinator of the Alzheimer's Society, will come to discuss coping mechanisms and treatment options for those dealing with Alzheimer's disease. **SCC**

**WINTER 2020**

**Date:** Wednesday, February 5  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7886

**Facts & Chat - Saving for Retirement: Investing 101:**

If you're saving for retirement, you have more investment options today than you've ever had before. The decisions you face can be overwhelming- stocks and bonds, mutual funds and ETF's, RRSP's and TFSA's. In this session, we'll help you understand your options, and give you the information you need to make informed investment decisions. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

**WINTER 2020**

**Date:** Wednesday, February 12  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7809

### OIL MUSEUM OF CANADA

National Historic Site

The Oil Museum of Canada, in the Village of Oil Springs, preserves the site of the first commercial oil well in North America. Visitors from around the world come to learn the story of Canada's Oil Pioneers – a unique and captivating era of history!

www.oilmuseum.ca  
oil.museum@county-lambton.on.ca  
519-834-2840



#### Facts & Chat - Shine At Home:

While the Sarnia-Lambton area has many amazing long-term care facilities, it is difficult to leave your life long home. Sometimes, all you need is a little assistance with house-keeping, transportation, personal safety or companionship. Shine at home allows seniors to have options and the power to decide when they are ready to leave their home. Join us to hear about the Shine at Home program and see if it is something you or a loved one might be interested in! **SCC**

##### WINTER 2020

**Date:** Wednesday, February 19  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7998

#### Facts & Chat - Adopt-a-Driveway Pilot Update:

The Adopt-a-Driveway program was launched in October 2019. With the help from Lambton Elderly Outreach and Rotarct, young community members will "adopt" a driveway of a citizen in need of extra supports in removing snow. This volunteer-based program begins with 20 homes and 40 volunteers. Come for an update on how the program works and how to get involved! **SCC**

##### WINTER 2020

**Date:** Wednesday, February 26  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7991

#### Facts & Chat - Helping Loved Ones with Alzheimer's Disease:

Caring for a loved one with Alzheimer's or Dementia can be tough. Whether you are a caregiver, family member, or acquaintance of someone dealing with these issues, join Christine Wright, Education Coordinator for the Alzheimer's Society, to discuss ways you can help others with Alzheimer's Disease and Dementia. **SCC**

##### WINTER 2020

**Date:** Wednesday, March 4  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7887

#### Facts & Chat - Financial Planning for Blended Family:

What do you need to know before you tie the knot for a second, or perhaps a third time? Being part of a blended family adds another layer of complexity to your financial plan, including how you should divide your assets after your death. In this session, we'll cover the key areas you need to be familiar with in order to make financial decisions. Presented by Donald Haagsma, RBC Dominion Securities. Today, income-oriented investors need their investments to work harder than ever before. In this session, we'll explore the challenges of investing for income in the current environment, and talk about strategies to generate tax efficient income. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

##### WINTER 2020

**Date:** Wednesday, March 11  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7810

#### Facts & Chat - Tracing Your Roots:

There are many practical and philosophical reasons why we research our genealogy - to validate family stories, trace health history, search for famous individual in our lineage or uncover your geographical history. Genealogy can be used to answer a couple questions you may have or can divulge a new area you want to investigate. Join the Ontario Genealogical Society to hear about how you can take up Genealogy as a hobby or use their databases to learn more about your ancestry. **SCC**

##### SPRING 2020

**Date:** Wednesday, March 18  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7999

#### Facts & Chat - Sarnia's Waste Management Program:

Learning about local waste management guidelines is incredibly important to the success of the program and ensuring that recyclables do not end up in a landfill when they could become repurposed. To kick off our April Earth Month series, we will be joined by City of Sarnia Public Works staff to take us through Sarnia's waste management guidelines. **SCC**

##### SPRING 2020

**Date:** Wednesday, March 25  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7985

**Facts & Chat - Sarnia's Climate Adaptation Plan:**

Changing temperatures, heavy rainfall & warmer winters are just some of the challenges that we face regarding climate change. Since 2019, Sarnia has been developing a climate adaptation plan to deal with these changes and to help prevent further warming of the planet by reducing our impact. Join Nancy Bourgeois, Sarnia City Planner, to discuss what is involved in this plan. **SCC**

**SPRING 2020**

**Date:** Wednesday, April 1  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7986

**Facts & Chat - Prepping your Portfolio for Retirement:**

Planning for your approaching retirement is exciting. You'll have more time for family, travel, old friends and new hobbies. But is your investment portfolio ready? Adjusting to your new lifestyle means you'll need to take a fresh look at your investing strategies. In this session we'll cover the areas you need to focus on to save tax, reduce risk, and ensure a regular income. Presented by Donald Haagsma, RBC Dominion Securities. **SCC**

**SPRING 2020**

**Date:** Wednesday, April 8  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7811

**Facts & Chat - The Importance of Naturalization:**

Native plants are species that have developed in an area over time and developed unique relationships with insects, wildlife & other plant species. Shawn McKnight, from Return the Landscape will join us to discuss how they use only native plants in their landscape design, the importance of naturalization for our environment and the restoration work they participate in. **SCC**

**SPRING 2020**

**Date:** Wednesday, April 15  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7984

**Facts & Chat - Sarnia's Bio-Economy:**

One of Sarnia's best kept secrets is that we are a great hub for developing clean, green and sustainable technologies. Bioindustry Innovation Canada (BIC) helps with this by investing in early stage, sustainable chemistry-based companies and encouraging the development of clean technology. Join Sandy Marshall, Executive Director of BIC, to hear the type of work their company does and to bust the myth that there is no jobs in the green technology industry. **SCC**

**SPRING 2020**

**Date:** Wednesday, April 29  
**Time:** 10:00am to 11:00am  
**Cost:** Free  
**Location:** Strangway Craft Room

7987

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Philosophy Talks: With Dr, Ken Bryson.

**Philosophy Talks: Spirituality and Religion:**

Can we be spiritual without being religious or religious without being spiritual? Spirituality is a search for the ultimate sacred meaning of life. Spirituality can go sour as it gets hung up on false tracts. Religion is from the Latin word religare meaning to bring a person together by helping to integrate all the parts that make us who and what we are. Religion can go sour when it serves as an instrument of exploitation. The three main characteristics of all the major world religions religion are (1) seeking to do good things; (2) pursuing personal immortality, and (3) entering personal relationship with the divine. **SCC**

**FALL 2019**

**Date:** Monday, September 16  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7647

**Philosophy Talks: Addiction:**

What is addiction? What does the DSM5 say about substance dependence? Can we be addicted to non to substances such as God, sex, gambling, food? Are there good dependencies? Three models of addiction: medical, psychological, and 12 to Step. The social structure of dependencies. **SCC**

**FALL 2019**

**Date:** Monday, October 7  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7648

**Philosophy Talks: Who Am I?:**

How dependent am I on my brain and emotions to be me? Brain transplant experiment; who awakens the donor or the recipient? Does my unconscious contain a secret identity? **SCC**

**FALL 2019**

**Date:** Monday, October 28  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7649

**Philosophy Talks: On Death and Dying:**

Death as paradox. Gabriel Marchcel and communion with the dead; mystery or problem? Personal death is not an experience, but the death of other persons carries us in its wake when the relationship is based on love. **SCC**

**FALL 2019**

**Date:** Monday, November 4  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7650

**Philosophy Talks: When a Tree Falls in the Forest:**

The origin of this moves from Renée Descartes, and John Locke to George Berkeley. What do we learn from these types of inquiries? **SCC**

**FALL 2019**

**Date:** Monday, November 18  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7651

**Philosophy Talks: The Future of Medicine:**

In the future, DNA screening will identify the connection between genetic associations and disease. This will empower medical technology to cure disease before it begins. On the other hand, genetic engineering will generate the power to produce disease free babies. The possibilities raise many ethical issues. What, for instance, is a perfect human being? And will governments decide these issues (like todays laws on abortion and euthanasia) or private enterprise? **SCC**

**FALL 2019**

**Date:** Monday, December 16  
**Time:** 10:00am to 11:00am  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Studio

7652

**Alzheimer Society**  
SARNIA - LAMBTON

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[info@alzheimersarnia.ca](mailto:info@alzheimersarnia.ca)  
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## Wellness Seminar Series:

**Wellness Seminar Series: Healthy Bodies:**

How do you live the best life you can live? What impacts our healthy? Our relationship to food and its impact on our body. What chronic illness can be impacted by healthier eating and healthy digestion? Topics discussed are arthritis, digestive issues, chronic reflux and stomach acid, emotional health and wellbeing. **SCC**

**WINTER 2020****Date:** Thursday, January 9 to January 30 (4 classes)**Time:** 2:30pm to 4:00pm**Cost:** Member: \$50.00. Non Member: \$60.00**Location:** Strangway Studio**Instructor:** Lisa Matlovich

7848

**Wellness Seminar Series: Gut Health:**

A healthy gut is a key to a healthy body. When things go wrong with your gut health it impacts your whole being. Learn about the problems that can occur when your gut isn't in top shape. How do you correct gut health. To pics discussed will be what is microbiome? How can it impact your health, sleep, mental health and chronic illnesses, Reflux and chronic GERD, Bowel issues, Laxatives usage and chronic inflammation? **SCC**

**WINTER 2020****Date:** Thursday, February 13 to March 5 (4 classes)**Time:** 2:30pm to 4:00pm**Cost:** Member: \$50.00. Non Member: \$60.00**Location:** Strangway Studio**Instructor:** Lisa Matlovich

7849

## Day Trips:

**"A" Mystery Tour:**

Join us for a fall mystery tour! We will stay in Ontario. Price includes lunch, transportation, and HST and you'll have to come to find what else! Register by October 1st.

**FALL 2019****Date:** Thursday, October 17**Time:** 7:45am to 6:00pm**Cost:** Member: \$85.00. Non Member: \$90.00

7877

**Day Trip: Good Ol' Country Gospel (St. Jacob's):**

We are off to the quaint St. Jacob's School House Theatre to see the Good Ole Country Gospel. This musical tribute to some of the best gospel songs has a country twist. We will be enjoying a buffet lunch at the S to ne Crock prior to the performance and have an hour and a half of free time in the Village of St. Jacob's to browse the shops. Price includes ticket to show, lunch, transportation, and HST. Register by October 9.

**FALL 2019****Date:** Tuesday, November 12**Time:** 8:00am to 7:00pm**Cost:** Member: \$124.00. Non Member: \$129.00

7266

**Day Trip: Christmas Tour:**

Celebrate the festive season on our holiday day trip. We will be seeing a matinee performance of the Sounds fo Christmas at Waterloo Mennonite Brethren Church. Lunch included. More details to follow.

**FALL 2019****Date:** Friday, November 30**Day Trip: Gardens of Toronto:**

Start your day at the Centennial Park Conservatory in Etobicoke with a guided tour. Lunch at the Hot House and in the afternoon discover the Winter Garden Theatre with a Guided tour. Cost and further details TBA.

**WINTER 2020****Date:** Monday, February 10**Cost:** Member: \$101.00. Non Member \$106.0

7994

**Day Trip: Historic Homes of Hamilton:**

Take in the beauty of two historic Hamilton buildings. In the morning we will have a guided tour of Whitehern Historic House followed by lunch at the Ancaster Mill (plated). In the afternoon we will have a guided tour of Dundurn Castle which once was home to Sir Allan Napier MacNab, railway magnate, lawyer and Premier of the United Canada's and his family. Price includes tours, lunch, transportation and HST.

**SPRING 2020****Date:** Thursday, March 12**Time:** 8:30am to 6:00pm**Cost:** Member: \$98.00. Non-Member: \$103.00

7997

**Day Trip: "B" Mystery tour:**

You won't Believe where you will end up on this Brilliant day trip. Are you Brave enough to come along and find out? We will stay in Ontario. Price includes lunch, transportation and HST...and come along to find out what else!

**SPRING 2020****Date:** Thursday, April 16**Time:** 8:30am to 5:45pm**Cost:** Member: \$100.00. Non-Member: \$105.00

7995



**Day Trip: Orangeville Tree Carvings:**

Join us for a day away to visit the unique tree carvings in Orangeville. We will also stop at Anna Mae's to pick up some delicious homemade baking, have lunch at the Gorge Country Kitchen in Elora and have free time to shop in downtown Orangeville. Price includes lunch, guided tour of trees, transportation and HST.

**SPRING 2020****Date:** Tuesday, May 12**Time:** 8:30am to 8:00pm**Cost:** Member: \$81.00. Non-Member: \$86.00

7996

**Day Trip: Wet Your Whistle Toronto Tour:**

St. Lawrence Market, tour of the Rodger's Centre and tour at Steam Whistle Brewery. Cost and further details TBA.

**SPRING 2020****Date:** June, specific date TBA**Services:****Diabetes Clinic:**

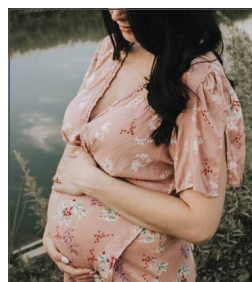
Sponsored by Hogan Pharmacy. Qualified staff provide you with consultation on your health status, test blood sugar and provide health information. **SCC**

**Date:** First Thursday of the Month**Time:** 9:00am to 12:00pm**Cost:** Free**Location:** Strangway Lobby**Footcare:**

Footcare services provided by a trained pedicurist. The clinic is able to accommodate the following conditions: reduced callouses, thickened nails, removed corns, athlete's foot, ingrown toenails, fungus and trim and file nails. You do not need to bring anything with you (towel and soak tub are provided). Treat your feet with the care they deserve! Contact the Centre to register: 519 332 0656. **SCC**

**Dates:** Two Friday's each month, contact the Centre for specific dates.**Time:** 9:00am to 2:00pm Appointments are 30 minutes.**Cost:** \$35**Location:** Strangway Craft Room**Pedicurist:** Julie Coulombe**The Hearing Booth:**

A certified team of hearing healthcare professionals from Hear For Life will be available to evaluate hearing, discuss hearing loss and the latest hearing aid technology, clean and check aids and provide complimentary batteries. **SCC**

**Date:** Second Tuesday of the Month**Time:** 10:00am to 12:00pm**Cost:** Free**Location:** Strangway Lobby

188 Maxwell Street, Sarnia  
**Phone:** 519-491-6130

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- Informational classes + more!

**Strangway Special Events:****Giving Thanks Donation Drive:**

Thanksgiving is a great reminder to be grateful for what we have and give what we can. We will be collecting donations for the Inn of the Good Shepherd in advance of Thanksgiving. We suggest checking with the Centre near the donation drive to see which items are most needed. Give a donation, get a raffle ticket. Raffle will occur at the end of the week. **SCC**

**FALL 2019****Date:** Thursday to Saturday, October 3 to October 5**Location:** Strangway Lobby**Silver Bells Bazaar:**

Join us for our annual Silver Bells Bazaar! Many local vendors featuring handmade items, baked goods, crafts and more. Our cafe will be open serving breakfast sandwiches. Vendors wanted. Fee is \$30.00. Please contact the Centre to register as a vendor. Admission is free. **SCC**

**FALL 2019****Date:** Saturday, November 2**Time:** 8:30am to 12:30pm**Cost:** \$30.00 (vendor space: 6 ft. table)**Location:** Strangway Centre

7749

**Christmas Dinner:**

Kick off the holiday season in style! Our annual Christmas dinner returns once again! A delicious turkey dinner complete with all the fixings, music by the Borderlite Trio, and a little bit of dancing makes this an evening not to be missed! Cash bar. **SCC**

**FALL 2019****Date:** Thursday, December 5**Time:** 5:00pm to 8:30pm**Cost:** \$25.00**Location:** Strangway Room

7748

**New Year, New Hobbies Open House:**

New year, new hobbies! Come see what Strangway has to offer for 2020! To ur the Centre, meet instructors, see demos. Not to be missed! **SCC**

**WINTER 2020**

**Date:** Saturday, January 4  
**Time:** 9:30am to 12:30pm  
**Cost:** Free  
**Location:** Strangway Craft Room

7750

**Winter Warm Up Luau:**

Kick the winter blues good bye and join us for a fun mid to winter party. The SUES will be performing and we will have some tropical treats to snack on. Wear your vacation wear! **SCC**

**WINTER 2020**

**Date:** Tuesday, February 18  
**Time:** 2:00pm  
**Cost:** Member: \$5.00. Non Member: \$6.00  
**Location:** Strangway Room

7822

**Friday the 13th Trivia:**

Join us for an afternoon of fun Friday the 13th and superstitious themed trivia. We will have refreshments as well. **SCC**

**SPRING 2020**

**Date:** Friday, March 13  
**Time:** 1:30pm to 3:00pm  
**Cost:** Member: \$3.00. Non Member: \$5.00  
**Location:** Strangway Studio

7891

**Earth Month: April 2020:**

More details TBA.

**Strangway Swap:**

A swap event is a great way to pass along gently used items to a new home and gain something you have been looking for. It is good for the environment and your wallet! Items that will be accepted for the swap include clothes, books, movies, music, small housewares and children's toys. No large items please. Contact the Strangway Centre for more information and to RSVP. **SCC**

**Date:** Friday, April 17  
**Time:** 1:30pm to 3:30pm  
**Cost:** Free  
**Location:** Strangway Studio

7930

**Spring Showcase:**

Join us to celebrate Spring with a showcase of Strangway programming. Performers featured include the Strangway Social Singers and more! More details to be announced. **SCC**

**Date:** Tuesday, May 19  
**Time:** 11:30am to 1:30pm  
**Cost:** Member: \$3.00. Non Member: \$5.00  
**Location:** Strangway Room

7890

## Advertise with Us!

Community Activities Guide has a circulation of **35,000** and is delivered to each door in Sarnia, Brights Grove and Point Edward. If your business or organization would like to advertise for us in either our Summer or Fall/Winter/Spring issue, visit [advertisesarnia.ca](http://advertisesarnia.ca)

[advertisesarnia.ca](http://advertisesarnia.ca)

Located in the Downtown Market.  
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f    
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## Festival and Event Planning in the City of Sarnia

Festivals and events have continuously played an important role in the development of Sarnia's quality of life, economic growth, and communal atmosphere. Festivals and events are interactive, exciting and rewarding experiences for everyone involved, and pay tribute to our unique cultural, recreational and community initiatives. Planning an event requires an incredible amount of time and dedication, and often involves the invaluable service of volunteers, community groups, and sponsors who bring their own skillsets and support towards enhancing these community events. If you are interested in hosting a community event on municipal property, the City of Sarnia's Events and Recreation Coordinator can assist you through the municipal process. For further information, visit our website at <https://www.sarnia.ca/things-to-do/festivals-and-special-events/festival-and-event-application-process/>.

### Christmas on the Farm: An "Old Fashioned" Christmas

Enjoy Christmas the "old fashioned" way at the Parks and Recreation Department's annual Christmas on the Farm event. The whole family can enjoy horse and carriage rides, roasting chestnuts, hot apple cider, and making Christmas-themed crafts! Build a snowman, decorate the Animal Farm Christmas tree, and do some Christmas caroling! Santa Claus will make a special appearance on Saturday!

Special thank you to the Seaway Kiwanis Club and all supporting volunteers and community groups.

**Date:** Friday, December 6, 5:30pm to 9:00pm; Saturday, December 7, 10:00am to 2:00pm  
**Cost:** FREE!

### Santa Claus Christmas Parade

Brought to you by the Kinsmen Club of Sarnia, the annual Santa Claus parade will run through Down to wn Sarnia, along Christina Street. To register a float in the parade, please connect with the Sarnia Kinsmen.

**Date:** Saturday, December 7, 6:00pm to 8:00pm

### Easter in the Park

Inflatables, face painting, an Easter craft station, train rides, and much more! Refreshments and a BBQ for sale provided by the Seaway Kiwanis Club. Bring your own basket.

**Date:** Saturday, April 11, 9:00am to 12:00pm  
\*Annual Easter Egg Hunt and visit from the Easter Bunny at 10:00am.  
**Cost:** FREE!

### Community Parks Clean-Up Day

Celebrate Earth Week by joining the City of Sarnia in cleaning up our City parks, trails, boulevards, and public spaces! Gather and assemble a crew, identify a park space you would like to clean, and register that site with our Parks and Recreation Department. Stay tuned on the City of Sarnia website for registration details in 2020.

**Date:** Saturday, April 25, 2020  
**Cost:** FREE!

### Summer Entertainment Series

The City of Sarnia Parks and Recreation Department present's a Summer Entertainment Series, featuring nightly entertainment by local bands, musicians, and dancers, and more! For 30 years, the City of Sarnia has put on a variety of eclectic concerts that originated with the "Waterfront Concert and Entertainment Series" at Centennial Park, and later moved and expanded to Canatara Park. As the years have gone by, local interest has grown and the series now includes entertainment at the Kenwick Gazebo in Bright's Grove, and the Germain Park Garden; two of three miniserries, called Kenwick on the Lake and Music in the Garden, respectively. Our third, and newest miniserie, Get Out of the Garage, features Sarnia's youngest up and coming bands and musicians, ages 21 and under. On the last Friday of June, these youth bands compete for an opportunity to perform at the Sarnia Canada Day Celebrations and as an opener for Bluewater Borderfest. There is so much talent and musical diversity in Sarnia - come check it out at one of our nightly concerts! All nightly entertainment begins at 7:00pm.

We thank you for your donation support in 2019 as all proceeds go directly toward the program.

A complete listing of summer 2020 performances will be available in late spring. Interest in performing may be submitted to [rachel.veilleux@sarnia.ca](mailto:rachel.veilleux@sarnia.ca).

**Date:** June to August, 2020

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## Recreation and Sports Associations

Organization	Phone	Website
Bluewater Anglers	519-344-9821	www.bluewateranglers.com
Bluewater Boxing Club	519-330-7021/519-331-2551	wade_fleming@live.ca
Bluewater Chordsmen	519-339-9927	www.bluewaterchordsmen.com
Bluewater Taekwondo	519-383-0570	www.bluewatertaekwondo.com
Bluewater Gymnastics	519-542-3062	www.bluewatergymnasticsclub.com
Bluewater Rowing	519-542-8862, ext8046	
Bluewater Sharks	519-344-8624	www.bluewatersharkshockey.com
Bluewater Ski Club	519-331-6338	www.bluewaterskiclub.com
Boarder Pass	1-855-383-RIDE	www.boarderpasscanada.com
Community Active Living Lambton	519-344-2062, ext2119	www.lambtonhealth.on.ca
Dynamic Academy of Martial Arts	519-344-3221	www.sarniamartialarts.org
Fury Weightlifting Club (O.W.A.)	519-383-7373	
Handweaver & Spinners Guild	519-336-3737 (After 6pm)	
Hoops Basketball	519-383-7492	www.hoopsallstar.ca
Huron Lakers Girls Basketball	519-332-8202	www.huronlakers.on.ca
Iron Eagles Powerlifting & Weight Training	519-542-3471, ext262	
Lambton Bowhunters	519-542-2617	sites.google.com/site/lambtonbowhunters/home
Lambton College Athletics	519-542-7751, ext3286	
Lambton Junior Sting AAA Hockey		www.lambtonjrsting.ca
Lambton Lions Football	519-542-1994	www.lclions.ca
Lambton Outdoor Club	519-312-3030	www.lambtonoutdoorclub.org
Lambton Shores Darts (Sarnia Premiere Dart League)		www.lambtonshoresdarts.com Steelhawks@hotmail.com
Lambton St. Clair Athletic Club	519-332-5868	
Marcin Bowl 5 pin YBC League	519-344-1169	www.marcinbowl.ca
North Star Tai Chi	519-344-7063	
Pathways Health Centre for Children	519-542-3471	www.pathwayscentre.org
Play it Again Sports Dive Centre	519-542-1011	www.playitagainsportssarnia.com
Rivard's Power Skating & Hockey Academy	519-671-2808	www.rivardpowerskating.ca
Rivercity Karate-Jitsu Club	519-344-8741	
Sarnia Athletics Southwest Track & Field		www.sarniaasw.com
Sarnia Badminton Club	519-466-3677	www.badmintonontario.ca
Sarnia Ballroom Dancing Club Ballroom Dancing	519-336-3119	www.sarniaballroomdancingclub.ca
Sarnia Braves		www.sarnibraves.org
Sarnia Bulldogs Inline Jr Hockey	519-337-3042	
Sarnia City Beach Volleyball League	519-332-8022	
Sarnia Croquet Club	519-869-2864	www.croquet.ca/clubs/sarniaclub.html
Sarnia & District Horticultural Society	519-332-5837	www.gardenontario.org
Sarnia F.C.		www.sarniafc.ca
Sarnia Fencing Club	519-541-1811 Ext 8046	sarniafencingclub@gmail.com
Sarnia Fighting Irish Basketball	519-339-9822	
Sarnia Girls Hockey	519-542-7821	www.sarniagirlshockey.com
Sarnia Girls Soccer Club	519-542-8384	www.sarniagirlssoccer.com
Sarnia Golf & Curling Club	519-336-2201, ext234	www.sgcc.on.ca
Sarnia Hockey Association		www.sarniahockey.com
Sarnia Imperials Football		www.sarniainperialsfootball.com
Sarnia Junior B Lacrosse Cha Co Pacers		www.sarniajrmpacers.org
Sarnia Lacrosse		www.sarnialacrosse.com
Sarnia Lawn Bowling Club	519-336-9419	www.sarniasports.com/LawnBowling darrylemmel@yahoo.com
Sarnia Legionnaires Junior B Hockey Club	519-336-8464	www.sarnialegionnaires.com
Sarnia Minor Pacers Lacrosse	519-344-8091	www.sarniajrmpacers.org

Organization	Phone	Website
Sarnia Roadrunners	519-542-8848	www.sarniaroadrunners.com
Sarnia Saints R.F.C.		www.sarniarugby.com
Sarnia Sting Hockey	519-542-4494	www.sarniasting.com
Sarnia Table Tennis Club	519-464-6163	www.facebook.com/SarniaTableTennisClub
Sarnia Tennis Club	519-337-3091	www.sarniatennisclub.com
Sarnia Ultimate Frisbee	519-332-8098	www.sarniaultimate.com
Sarnia Wrestling Association	519-466-7403	www.sarniawrestling.ca
Sarnia Yacht Club	519-332-6779	www.sarniayachtclub.ca
Sarnia Y.M.C.A. Rapids Swim Team		www.sarniaswimming.ca
Skate Sarnia	519-542-2784	www.skatesarnia.net
S.M.A.A. 10 pin Bowling	519-332-1896	www.sarniaminorathletic.com
S.M.A.A. Baseball	519-332-1896	www.sarniaminorathletic.com
S.M.A.A. Fastball Girls	519-332-1896	www.smaafastball.com
S.M.A.A. Football		www.sarniaminorfootball.com smaafastball@hotmail.com
S.M.A.A. Golf	519-332-1896	www.sarniaminorathletic.com
S.M.A.A. Inline Hockey	519-332-1896	www.sarniaminorathletic.com
S.M.A.A. Sarnia Minor Athletic Association	519-332-1896	www.sarniaminorathletic.com
Special Olympics Sarnia	519-312-31701	http://sarnia.specialolympicsontario.ca or Facebook www.facebook.com/soosarnia/
Sports for Disabled Lambton	519-542-7456	www.sdlambton.com
St. Clair Mini Colts Basketball Teams	519-332-1140, ext12338	www.stclairminicolts.com
St. Clair Taekwondo	519-336-8856	www.stclairtkd.com
FLK Taoist Tai Chi Society	519-344-0346	www.taoist.org
Triple C Carvers	519-542-2244	
Twin Bridges Volleyball	519-542-9566	www.twinbridgesvbc.ca
Valhalla Youth Basketball Association	519-490-1872	www.valhallabasketball.org

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## Mayor and City Councillor Names and Contact Information

### MIKE BRADLEY, Mayor

City Hall: 255 North Christina Street, Sarnia, ON N7T 7N2  
 Phone: 519-332-0330 Extension 3312  
 Fax: 519-332-3995  
 Home: 155 North Front Street, Apt. #705 Sarnia, ON N7T 7V5  
 Phone: 519-336-8092  
 Email: mayor@sarnia.ca

### MARGARET BIRD, City and County Councillor

2992 Lakeshore Road Bright's Grove, ON N0N 1C0  
 Phone: 519-869-8687 Email: margaret.bird@sarnia.ca

### DAVE BOUSHY, City and County Councillor

1413 Lakeshore Road, Sarnia, ON N7S 2M3  
 Phone: 519-542-3109

### TERRY BURRELL, City Councillor

954 Champlain Road Sarnia, ON N7V 2G2  
 Phone: 519-336-5545 Email: terry.burrell@sarnia.ca

### NATHAN COLQUHOUN, City Councillor

102 College Ave S Sarnia, ON N7T 2Z3  
 Phone: 519-381-1857 Email: nathan.colquhoun@sarnia.ca

### BILL DENNIS, City Councillor

1013 Mike Weir Drive Bright's Grove, ON N0N 1C0  
 Phone: 519-330-0835 Email: bill.dennis@sarnia.ca

### MIKE STARK, City and County Councillor

1333 Coral Way Sarnia, ON, N7V 3R9  
 Phone: 519-542-2054 Email: mike.stark@sarnia.ca

### GEORGE VANDENBERG, City Councillor

1066 Gurd St. Sarnia, ON N7S 2G6  
 Phone: 519-464-7584 Email: george.vandenberg@sarnia.ca

### BRIAN WHITE, City and County Councillor

c/o City of Sarnia, 255 Christina St. N., Sarnia Business  
 Phone: 519-464-2585 Email: brian.white@sarnia.ca

## City Service Directory

City Hall, Tel: 519-332-0330

### A

#### Accessibility

519-332-0527 Ext 3307  
 access@sarnia.ca

#### Accounts Payable

519-332-0527 Ext 3244  
 ap@sarnia.ca

#### Accounts Receivable

519-332-0527 Ext 3236  
 ar@sarnia.ca

#### After Hours City Emergencies (Animal Control / Parks / Public Works)

519-344-8861 Sarnia Police

#### Animal Control

519-336-5049  
 bylawenforcement@sarnia.ca

#### Arenas (Ice Time, Rental)

519-332-0527 Ext 3211  
 parksandrecreation@sarnia.ca

### B

#### Bingo & Lottery Licenses

519-332-0527 Ext 3350  
 customerservice@sarnia.ca

#### Boards & Committees

519-332-0527 Ext 3264  
 clerks@sarnia.ca

#### Bus Pass Information / Schedules / Tickets

519-332-0527 Ext 3131  
 customerservice@sarnia.ca

#### Business Licenses

519-332-0527 Ext 3350  
 customerservice@sarnia.ca

#### Business Development & Business Park Inquiries

519-332-0527 Ext 3343 or  
 1-877-472-7642  
 economic@sarnia.ca

#### By-Law Enforcement (Animal Control, Parking & Property Standards)

519-336-5049  
 bylawenforcement@sarnia.ca

### C

#### Call Before You Dig (Utility Locates)

1-800-400-2255

#### Care-a-Van Bookings

519-336-3789  
 transit@sarnia.ca

#### Chief Administrative Officer

519-332-0527 Ext 3314  
 cao@sarnia.ca

#### City By-Laws

519-332-0527 Ext 3264  
 clerks@sarnia.ca

#### Committee of Adjustment

519-332-0527 Ext 3344  
 planning@sarnia.ca

#### Compost Site

519-344-1932  
 engineering@sarnia.ca

#### Council Inquiries

519-332-0527 Ext 3263  
 clerks@sarnia.ca

### D

#### Dog Licenses

519-332-0527 Ext 3131  
 customerservice@sarnia.ca

### E

#### Emergencies

Dial 911

#### Encroachments

519-332-0527 Ext 3359  
 engineering@sarnia.ca

#### Engineering Inquiries (Roads, Sewer, Shoreline Protection, Water)

519-332-0527 Ext 3383  
 engineering@sarnia.ca

#### Environmental Advisory Committee

519-332-0527 Ext 3295  
 planning@sarnia.ca

### F

#### Façade Loans

519-332-0527 Ext 3294  
 planning@sarnia.ca

#### Facility Rentals (Parks, Sportsfields)

519-332-0527 Ext 3201  
 parksandrecreation@sarnia.ca

#### Finance Inquiries

519-332-0527 Ext 3254  
 finance@sarnia.ca

#### Fire Administration / Public Education / Inspections / Burn Permits

519-332-1122  
 firerescue@sarnia.ca

#### Forestry ((City) Down Trees & Tree Trimming)

519-332-0527 Ext 3201  
 parksandrecreation@sarnia.ca

#### Freedom of Information Inquiries

519-332-0527 Ext 3263  
 clerks@sarnia.ca

### G

#### Garbage & Recycling

519-344-1932  
 engineering@sarnia.ca

### H

#### Heritage Committee

519-332-0527 Ext 3293  
 planning@sarnia.ca

#### Home Occupation Permits

519-332-0527 Ext 3285  
 planning@sarnia.ca

#### Hydrant Use

519-344-1932  
 engineering@sarnia.ca



**I****In Town Charters**

519-332-0527 Ext 5300  
transit@sarnia.ca

**Insurance Matters**

519-332-0527 Ext 3320  
clerks@sarnia.ca

**L****Library – Bright's Grove**

519-869-2351  
brightsgrove.library@county-lambton.on.ca

**Library – Mall Road Branch**

519-542-2580  
mallroad.library@county-lambton.on.ca

**Library – Sarnia 122 Christina Street S.**

519-337-3291  
sarnia.library@county-lambton.on.ca

**Long Grass & Weed Complaints**

519-336-5049  
bylawenforcement@sarnia.ca

**M****Marriage Licenses**

519-332-0527 Ext 3350  
customeservice@sarnia.ca

**Marriage (Civil) Ceremony**

519-332-0527 Ext 3320  
tietheknot@sarnia.ca

**Mayor's Office**

519-332-0527 Ext 3308  
mayor@sarnia.ca

**Municipal Drains**

519-332-0527 Ext 3267  
engineering@sarnia.ca

**Municipal Election Inquiries**

519-332-0527 Ext 3320  
clerks@sarnia.ca

**O****Official Plan & Zoning Inquiries**

519-332-0527 Ext 3303  
planning@sarnia.ca

**P****Parks Inquiries**

519-332-0527 Ext 3201  
parksandrecreation@sarnia.ca

**Parking Tickets**

519-336-5049  
bylawenforcement@sarnia.ca

**Permits (Building, Demolitions, Signs, Pools)**

519-332-0527 Ext 3303  
building@sarnia.ca

**Planning Mapping Information**

519-332-0527 Ext 3285  
planning@sarnia.ca

**Pools, Spray Park, Beaches**

519-332-0527 Ext 3201  
parksandrecreation@sarnia.ca

**Property Assessment (MPAC)**

1-866-296-6722

**Property Standards Enforcement**

519-336-5049  
bylawenforcement@sarnia.ca

**Public Swimming**

519-332-0527 Ext 3201  
parksandrecreation@sarnia.ca

**Purchasing & Tender Inquiries**

519-332-0527 Ext 3252  
purchasing@sarnia.ca

**R****Recreation Programs (Camps)**

519-332-0527 Ext 3201  
parksandrecreation@sarnia.ca

**Recycling**

519-344-1932  
engineering@sarnia.ca

**Road Maintenance Inquiries**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Road Permits (Curb Cut, Fill, Hoarding)**

519-332-0527 Ext 3355  
engineering@sarnia.ca

**RV's Sanitary Dump Station**

519-332-0527 Ext 3277  
engineering@sarnia.ca

**S****Service Connections (Water & Sewer)**

519-332-0527 Ext 3355  
engineering@sarnia.ca

**Sewer and Water Maintenance Inquiries**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Sewer Locates**

519-332-0527 Ext 3286  
engineering@sarnia.ca

**Sign Repair (Street Signs)**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Site Plan Approvals**

519-332-0527 Ext 3303  
planning@sarnia.ca

**Snow Removal**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Strangway Adult Recreation Centre**

519-332-0656  
strangway@sarnia.ca

**Street Lights**

519-337-8201 Option 5

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**Subdivision Approvals**

519-332-0527 Ext 3293  
planning@sarnia.ca

**Swimming Lessons**

519-332-0527 Ext 3201  
parksandrecreation@sarnia.ca

**T****Tax (Property) Inquiries &**

Pre-Authorized Payments  
519-332-0527 Ext 3216  
taxes@sarnia.ca

**Traffic Inquiries**

519-332-0527 Ext 3340  
engineering@sarnia.ca

**Transit**

519-336-3271 Ext 5300  
transit@sarnia.ca

**W****Waste Collection & Recycling Inquiries**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Water Meters (Bluewater Power)**

519-337-8201 Ext 2214  
emailus@bluewaterpower.com

**Water Quality Inquiries**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Waterfront Programs & Special Events**

519-332-0527 Ext 3210  
parksandrecreation@sarnia.ca

**Watermain Breaks**

519-332-0527 Ext 2220  
engineering@sarnia.ca

**Z****Zoning Enforcement / Reports**

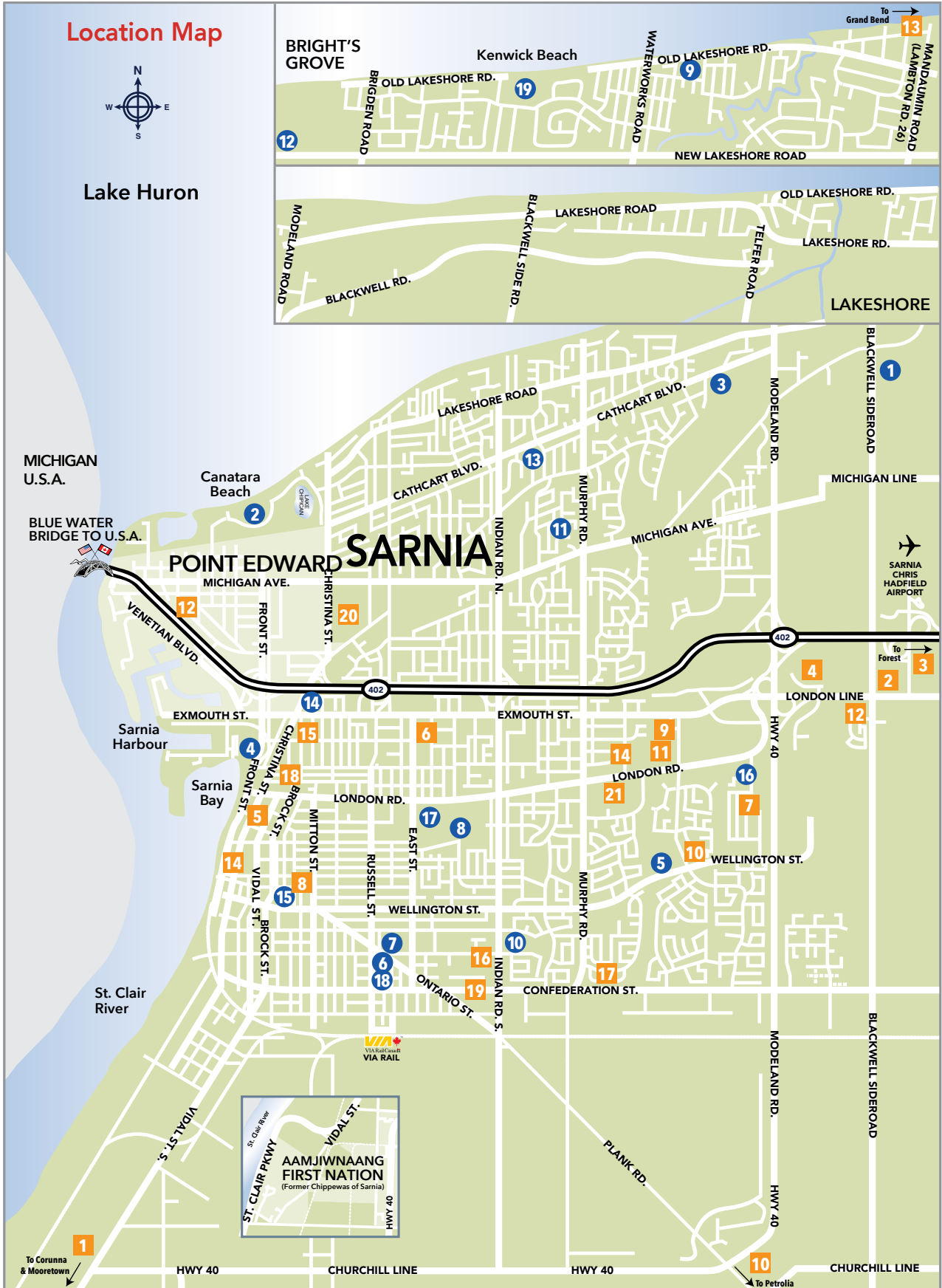
519-332-0527 Ext 3303  
planning@sarnia.ca

<b>Advertiser</b> (IFC - Inside Front Cover, BC - Back Cover)	<b>Ad. Page No.</b>	<b>Map No.</b>
Alton Farms Estate Winery (Just Outside of Forest)	13	3
Alzheimer Society of Sarnia Lambton	33	6
Beyond Borders Travel & Tours	11	8
Bluewater Gymnastics Club	4	4
Bluewater Power Distribution Corporation	34	19
BrokerLink Insurance	32	9
Champion Home Inspection	19	
Downtown Market	39	
Habitat for Humanity	15	12
Ironworks Fitness	17	
Kern Water	13	2
Lambton College	44	7
Lambton County Library HQ	6	
Lambton Heritage Museum	15	13
Lovewell Birth Collective & Wellness Shop	35	
MADD	11	15
Mainstreet Credit Union	21	21
Marilyn Gladu, MP	4	10
Noelle's Gift	27	
Oil Museum of Canada	31	
Play it Again Sports	29	16
Royal LePage Key Realty - Mario Fazio	21	15
Sarnia-Lambton Business Development Corporation	41	18
Sarnia Ballroom Dancing Club	12	
Sarnia Football Club	3	17
Sarnia Golf & Curling Club	24	20
Sarnia Rapids Swim Team	20	
Sarnia Special Olympics	16	
Sitara Restaurant	22	14
SWIFF	2	5
Tel-Check	22	
TMRRW INC.	37	
United Way	16	11
Wellings of Corunna	13/19	1
WichWay	36	0
211 Ontario	27	

## Rental Facilities - Parks & Recreation

To rent these facilities or for questions, please call: 519-332-0330 ext 3201.

<b>Map No.</b>	<b>Facility Name &amp; Address</b>	<b>Facilities</b>
1	<b>Blackwell Park</b> 6320 Blackwell Side Road	<ul style="list-style-type: none"> <li>• Ball Diamond South &amp; North</li> <li>• Soccer Pitch</li> <li>• Pickleball Hub</li> </ul>
2	<b>Canatara Park</b> 1400 Lake Chipican Drive	<ul style="list-style-type: none"> <li>• Picnic Areas 1 to 4, Beach Picnic Pavilion</li> <li>• Seaway Kiwanis Pavilion &amp; Train</li> <li>• Animal Farm: 8:30am-7:30pm (Victoria Day to Thanksgiving) 8:30am-3:30pm (Thanksgiving to Victoria Day)</li> <li>• Canatara Beach &amp; Bandshell</li> <li>• Kiwanis BMX Bike Park</li> </ul>
3	<b>Cathcart Park</b> 1399 Cathcart Blvd.	<ul style="list-style-type: none"> <li>• Multi-Use Courts (Tennis/Pickleball)</li> </ul>
4	<b>Centennial Park</b> 430 Front St. N.	<ul style="list-style-type: none"> <li>• Suncor Agora &amp; Site Services Center</li> <li>• Flag Court</li> <li>• Open Field</li> </ul>
5	<b>Clearwater Arena</b> 1400 Wellington Street	<ul style="list-style-type: none"> <li>• Ball Diamonds 1 to 4</li> <li>• Blue &amp; Red Arena/Floor</li> <li>• Upper &amp; Lower Community Hall</li> </ul>
6	<b>Cox Youth Center</b> 334 Russell Street	<ul style="list-style-type: none"> <li>• Outdoor Pool &amp; Splashpad</li> </ul>
7	<b>Errol Russell</b> 610 Devine Street	<ul style="list-style-type: none"> <li>• Ball Diamond</li> </ul>
8	<b>Germain Park</b> 900 Germain Street	<ul style="list-style-type: none"> <li>• Wedding Arbour, Japanese Garden</li> <li>• Ball Diamonds 1 to 5</li> <li>• Soccer Pitches 1 to 4</li> <li>• Garden Plots 1 to 35</li> <li>• Multi-Use Courts (Tennis/Pickleball)</li> </ul>
9	<b>Kenwick Park</b> 2759 Lakeshore Rd, Bright's Grove	<ul style="list-style-type: none"> <li>• Picnic Pavilion/Gazebo</li> <li>• Multi-Use Courts (Tennis/Pickleball)</li> </ul>
10	<b>Lansdowne Park</b> Talfourd Street	<ul style="list-style-type: none"> <li>• Soccer Pitch</li> </ul>
11	<b>Linden Park</b> 1276 Lang Street	<ul style="list-style-type: none"> <li>• Multi-Use Courts (Tennis/Pickleball)</li> </ul>
12	<b>Mike Weir Park</b> 2354 Lakeshore Road	<ul style="list-style-type: none"> <li>• Picnic Pavilion</li> </ul>
13	<b>Newton Park</b> 1480 McCrie St.	<ul style="list-style-type: none"> <li>• Newton Center Community Hall</li> </ul>
14	<b>Norm Perry Park</b> 300 Exmouth Street	<ul style="list-style-type: none"> <li>• Main Soccer Pitch (Turf Field)</li> <li>• Back Field</li> </ul>
15	<b>Sarnia Arena</b> 134 Brock Street	<ul style="list-style-type: none"> <li>• Arena/Floor</li> <li>• Kiwanis Community Hall</li> </ul>
16	<b>Progressive Auto Sales Arena (PASA)</b> 1455 London Rd	<ul style="list-style-type: none"> <li>• Arena - Rinks 1 &amp; 2</li> </ul>
17	<b>Strangway Adult Community Centre</b> 260 East Street North	<ul style="list-style-type: none"> <li>• Community Rooms and Fitness Studio</li> <li>• Craft Room</li> </ul>
18	<b>Tecumseh Park</b> 334 Russell Street North	<ul style="list-style-type: none"> <li>• Picnic Pavilion</li> <li>• Ball Diamond</li> <li>• Skate Park</li> </ul>
19	<b>Wildwood Park</b> 2590 Hamilton Road	<ul style="list-style-type: none"> <li>• North &amp; South Picnic Pavilion</li> </ul>



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