

TRIPS & TRAVEL

Whistling Gardens and Pow Wow

Saturday, July 22nd, 2017

Pick Up: 8:00 a.m. at Jane Park Plaza

Return: 5:30 p.m. - 6:00 p.m. at Jane Park Plaza

Cost: \$85 for members, \$92 for non-members

Casino Rama Resort Trip

Thursday, August 17th, 2017

Bus leaves at 9:00 a.m. at the Syme 55+ Centre

Return: 5:30 p.m. at the Syme 55+ Centre

Cost: \$10.00

* Please inform staff if you have any allergies or dietary restrictions when booking any day or overnight trips.

* The Travel Committee appreciates your suggestions for trips as we plan for Fall 2017 and beyond!

MASSAGE & ACUPUNCTURE

Acupuncture and massage can help with various pain problems such as: poor circulation, fatigue and stress.

July 6th and July 20th, 2017

\$20 for 30 min or \$40 for 1 hour

FOOT CLINIC

Basic foot care (e.g. nail clipping, corn & callus removal)

Sign up at Reception prior to scheduled foot clinic date

Client must bring valid Health Card for each visit

NO APPOINTMENTS AVAILABLE IN JULY

\$10 per Visit



July 2017

HOSPITALITY

Healthy Eating for 1 or 2 People with

Katie from The Four Villages

Friday, July 7th, 2017

Lunch at 12:00 p.m., Speaker at 1:00 p.m.

Cost: \$6.00

The Cat Pub and Eatery (Fish and Chips)

Friday, July 14th, 2017

Located at 3513 Dundas Street West

Meet there at 12:00 p.m.

Cost: \$12.00

Talk by Rochella Vassell from Elder Abuse Ontario

Friday, July 21st, 2017

Lunch at 12:00 p.m., Speaker at 1:00 p.m.

Cost: \$6.00

High Park Picnic, Area 26

Friday, July 28th, 2017

Located at 1873 Bloor Street West

Meet there at 12:00 p.m.

Cost: \$10.00

SUMMER 2017 CLASSES

July 17th - September 8th, 2017

MONDAY			
1A Yoga	Gym	9:45 AM	10:45 AM
Knitters/Craft	GP Room	10:00 AM	12:00 PM
1B Pilates	Gym	11:00 AM	12:00 PM
1C Strong and Stretched	Church Hall	12:30 PM	1:30 PM
TUESDAY			
2A Flex-N-Stretch	Gym	9:05 AM	9:55 AM
2B Continuing Line Dancing	Gym	10:00 AM	11:00 AM
2C Co-ed Fitness	Gym	11:05 AM	12:05 PM
2D Yoga	Gym	12:15 PM	1:15 PM
WEDNESDAY			
Woodcarving	GP Room	8:45 AM	10:45 AM
3A Heart & Bones	Church Hall	9:30 AM	10:30 AM
3B Cardio Boost	Gym	9:45 AM	10:45 AM
3C Osteo Keep Fit	Gym	11:00 AM	11:55 AM
3D Gentle Exercise	Gym	12:00 PM	12:55 PM
THURSDAY			
Bridge	Conf Room	10:00 AM	12:00 PM
4A Pilates	Gym	9:30 AM	10:30 AM
4B Co-ed Fitness	Gym	10:45 AM	11:45 AM
4D Belly Cardio	Gym	12:00 PM	1:00 PM
Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM
FRIDAY			
Scrabble	GP Room	9:00 AM	11:00 AM
5A Line Dance Beginner	Gym	9:00 AM	10:00 AM
5B Line Dance Continuing	Gym	10:10 AM	11:10 AM
Congregate Dining	GP Room	12:00 PM	2:00 PM



VOLUNTEERS WANTED!

WE ARE LOOKING FOR VOLUNTEERS TO REPRESENT SYME 55+ AT DELTA BINGO'S ST. CLAIR LOCATION. VOLUNTEERS WILL BE ASKED TO COMMIT TO TWO HOURS ONCE A MONTH.


IF INTERESTED, SPEAK WITH KELLY FOR MORE INFORMATION.



SUMMER 2017

JOIN THE SYME 55+ BOOK CLUB

BOOK PICK-UP: JUNE 13TH
FIRST MEETING: JULY 18TH

BOOKS ARE AVAILABLE ON A FIRST-COME, FIRST-SERVED BASIS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3 CENTRE CLOSED	4	5	6 MASSAGE	7 Healthy Eating for 1 or 2 People with Katie from The Four Villages	8
NO CLASSES. CENTRE WILL REMAIN OPEN FROM 8:00 A.M. - 4:00 P.M.						
9	10	11	12 	13	14 The Cat Pub and Eatery (Fish and Chips)	15
NO CLASSES. CENTRE WILL REMAIN OPEN FROM 8:00 A.M. - 4:00 P.M.						
16	17 Knitters Club 10:00 am-12:00 pm	18 Book Club 1:00 p.m. - 2:00 p.m.	19 Woodcarving 8:45am-10:45am	20 MASSAGE Bridge: 10:00am-12:00pm	21 A Talk with Rochella from Elder Abuse Ontario	22 Whistling Gardens and Pow Wow Trip
23	24 Knitters Club 10:00 am-12:00 pm	25	26 Woodcarving 8:45am-10:45am	27 Bridge: 10:00am-12:00pm	28 High Park Picnic Area 26	29
	30	31				

Monday to Thursday Lunch: 11:30 - 1:00 p.m.: \$5.00 **Friday Congregate Dining: 12:00 - 2:00 p.m.: \$6.00** **Special Events: \$10.00**