

## TRAVEL NEWS

### INTERNATIONAL TRIP 2019

DALMATION COAST CRUISE INCLUDING ITALY  
SEPTEMBER 30TH, 2019-OCTOBER 10TH, 2019

#### BONUS FEATURES INCLUDED IF YOU SIGN UP BY MARCH 6TH

INFORMATION SESSION TO BE HELD AT SYME ON MARCH 6TH @ 1:00PM

PLEASE SIGN UP AT THE OFFICE

#### CAPITOL THEATRE PORT HOPE

SUNDAY APRIL 14TH, 2019

DEPART JANE PARK PLAZA @ 9:00AM

RETURN JANE PARK PLAZA @ 6:00PM APPROX.

COST: \$55.00 MEMBERS/\$62.00 NON MEMBERS

PRICE INCLUDES COST OF SHOW AND TRANSPORTATION ONLY

LUNCH ON YOUR OWN

#### EASTERN TOWNSHIPS QUEBEC WITH YEAR ROUND TRAVEL

MAY 26TH-MAY 29TH, 2019

COST: \$839.00 TWIN/\$979.00 SINGLE

PLEASE SIGN UP AT RECEPTION

#### MUSKOKA CASINO, CRUSIE & SHOW WITH YEAR ROUND TRAVEL

JUNE 25TH-JUNE 27TH, 2019

COST: \$499 TWIN \$669 SINGLE

#### Health News

Look out for information on the following news:

1. Facts About Gluten Free Eating
2. Food Borne Illness
3. Anxiety & insomnia drugs. How safe are they?

Located on the bulletin board in the GP Room. Copies are available in the office

#### MASSAGE & ACUPUNCTURE

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

**Thursday March 21st & March 28th, 2019**

**\$25 for 30 min or \$50 for 1 hour**

Please see reception to book an appointment

#### 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

**Friday March 1st, 2019**



## March 2019

### Program News

#### Friday March 1st, 2019

Join us for a special performance of our Drum Fit Class  
Lunch @ 12:00pm \$6.00 Sign up in advance  
Entertainment @ 1:00pm

#### Friday March 8th, 2019

Organizing your financial affairs  
Hosted by: Lynette Funeral Home and Sylvie Powell  
Lunch @ 12:00 \$6.00 Sign up in advance  
Presentation @ 1:00pm

#### Friday March 15th, 2019

Celebrate St. Patrick's Day with Syme  
12:00pm-2:00pm  
Limited Spaces Available.  
Must pay in advance  
\$10.00  
Bangers and Mash

#### Friday March 22nd, 2019

Dance the afternoon away with the music of Peru  
12:00pm-2:00pm  
Limited Spaces Available  
Must pay in advance  
\$10.00

#### Friday March 29th, 2019

Chartwell Scarlett Heights  
Topic to be announced  
Lunch @ 12:00pm \$6.00 Sign up in advance  
Presentation at 1:00pm

### IMPORTANT REMINDER

In order to ensure that all members and guests have the opportunity to enjoy our Friday Lunch Program, please remember to purchase your ticket at least one week in advance.

Tickets are available on a first come, first pay basis.

## Winter Class Schedule

Monday January 7th-Friday March 29th, 2019

MONDAY	Centre Closed Monday February 18th, 2019 Family Day			
Club	Tai Chi Open Practice (Mondays & Fridays)	Gym	8:30 AM	9:30 AM
Wendy B.	1A Watercolour Beginner	Church Hall	8:30 AM	9:55 AM
Wendy B.	1B Watercolour Advanced	Church Hall	10:00 AM	12:00 PM
Sandra S.	1C Yoga	Gym	9:45 AM	10:45 AM
Club	Knitters Club	GP Room	10:00 AM	12:00 PM
Club	Euchre	Conf Room	10:00 AM	12:00 PM
Diane B.	1D Pilates	Gym	11:00 AM	12:00 PM
Katrina N.	1E Fit and Fun	Gym	12:15 PM	1:15 PM
Katrina N.	1F Stretch & Strengthen Chair	Church Hall	1:25 PM	2:25 PM
TUESDAY				
Ilona R.	2A Decorative Art	GP Room	9:00 AM	11:00 AM
Gabriela C.	2B Flex-N-Stretch	Gym	9:05 AM	9:55 AM
Karen F.	2C Continuing Line Dancing	Gym	10:00 AM	11:00 AM
Sylvia B.	2D Co-ed Fitness	Gym	11:05 AM	12:05 PM
Sandra S.	2E Yoga	Gym	12:15 PM	1:15 PM
Games	Bingo	GP Room	1:00 PM	2:30 PM
WEDNESDAY				
Club	Woodcarving	GP Room	8:45 AM	10:45 AM
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM
Games	Mah Jong	GP Room	11:00 AM	1:00 PM
Halyna I.	3A Cardio Boost	Gym	9:45 AM	10:45 AM
Julie T.	3B Osteo Keep Fit	Church Hall	11:00 AM	11:55 AM
Julie T.	3C Gentle Exercise	Church Hall	12:00 PM	12:55 PM
Frank C.	3D Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM
Club	Tai Chi Fan	Gym	1:00 PM	2:00 PM
THURSDAY				
Gabriela C.	4A Flex N Stretch	Gym	8:30 AM	9:30 AM
Club	Choir	Church Hall	9:15 AM	10:45 AM
Club	Bridge	Conf Room	10:00 AM	12:00 PM
Diane B.	4B Pilates	Gym	9:30 AM	10:30 AM
Luba I.	4C Co-ed Fitness	Gym	10:45 AM	11:45 AM
Karen R.	4D Salsa Cardio Fitness (All Levels)	Gym	12:00 PM	1:00 PM
Club	Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM
Karen F.	4E Drum Fit	Gym	2:15 PM	3:15 PM
FRIDAY				
Club	Tai Chi Open Practice	Church Hall	8:30 AM	9:30 AM
Games	Scrabble	Conf Room	9:00 AM	11:00 AM
Sandra S.	5AYoga with Sandra	Gym	9:00 AM	10:00 AM
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM

#### Men's Club

Thursday March 28th, 2019

Lunch @ 12:00pm Please Buy Your Ticket in Advance  
The Berlin Experience with Gib Goodfellow @ 1:00pm



33 Pritchard Avenue  
 Toronto, Ontario M6N 1T4  
 416-766-0388  
 syeme55@syeme55.com

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. <b>Drum Fit Performance</b> Lunch @ 12:00pm Entertainment @ 1:00pm FOOT CLINIC Scrabble 9:00am-11:00am	2.
3.	4. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	5. <b>Shrove Tuesday Pancake Lunch 11:30am-1:00pm \$5.00</b> Bingo 1:00pm-2:30pm	6. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	7.  Bridge 10:00am-12:00pm	8. <b>Organizing Your Financial Affairs with Sylvie Powell</b> Lunch @ 12:00pm Presentation @ 1:00pm Scrabble 9:00am-11:00am	9.
10.	11. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm  <b>Deadline for Board Nominations</b>	12. <b>BOOK CLUB 1:00PM</b>  Bingo 1:00pm-2:30pm	13. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	14. Spring Registration Day 9:30am-12:00pm  Bridge 10:00am-12:00pm	15. <b>Celebrate the luck of the Irish St. Patrick's Day Lunch</b> 12:00pm-2:00pm  Scrabble 9:00am-11:00am	16.
17.	18. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	19.  Bingo 1:00pm-2:30pm	20. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	21.  MASSAGE  Bridge 10:00am-12:00pm	22. <b>Celebrate Peru Food, Music and Dancing</b> 12:00pm-2:00pm  Scrabble 9:00am-11:00am	23.
24.	25. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	26.  Bingo 1:00pm-2:30pm	27. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	28. Men's Club 1:00pm @ Syme  MASSAGE Bridge 10:00am-12:00pm	29. <b>Chartwell Scarlett Heights</b> Lunch @ 12:00pm Information Session @ 1:00pm  Scrabble 9:00am-11:00am	

NOMINATIONS  
 NEEDED TO FILL 4  
 POSITIONS ON THE  
 CENTRE'S BOARD OF  
 DIRECTORS

CAN YOU COMMIT TO  
 A 2 YEAR TERM?

If so, fill out the  
 Nomination Form and  
 drop it off in the General  
 Purpose Room no later  
 than  
**MONDAY MARCH 11th  
 2019**

For more information  
 speak to

Marlene Peltz  
 416 488-2520 or a staff  
 member