

TRAVEL NEWS

SHAW FESTIVAL NIAGARA ON THE LAKE
TUESDAY JUNE 11TH, 2019

LEAVE JANE PARK PLAZA AT 10:00AM

RETURN JANE PARK PLAZA APPROX. 6:00PM

COST: \$125.00 MEMBERS \$132.00 NON MEMBERS

INCLUDES TRANSPORTATION, LUNCH, THEATRE TICKET & ALL TAXES

TICKETS MUST BE PAID IN FULL BY APRIL 26TH

FERGUS SCOTTISH FESTIVAL AND HIGHLAND GAMES

SATURDAY AUGUST 10TH, 2019

LEAVE JANE PARK PLAZA AT 9:00AM

RETURN JANE PARK PLAZA APPROX. 4:00PM

COST: \$60.00 MEMBERS \$67.00 NON MEMBERS

INCLUDES ENTRY TO THE GAMES & TRANSPORTATION

LUNCH ON YOUR OWN

MAGNIFICANT MONTREAL

AUGUST 20TH-23RD, 2019

INCLUDES 3 NIGHTS IN FIRST CLASS ACCOMMODATION, 3 BREAKFASTS, 2 DINNERS AND CITY TOUR.

TWIN \$829.00 SINGLE \$1159.00

PLEASE CONTACT YEAR ROUND TRAVEL FOR MORE INFORMATION

PLEASE LET THEM KNOW YOU ARE TRAVELLING WITH SYME 55+

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

PLEASE SIGN UP AT RECEPTION

Health News

Look out for articles on the following topics

Arthritis: There is no cure, but lots of ways to manage it.

Vegetables: to cook or not to cook ?

There is no planet B: to protect our health, we have to protect the earth.

MASSAGE & ACUPUNCTURE

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

Thursdays April 11th & April 25th, 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 April 12th, 2019

*Syme*55+
CENTRE

April 2019

Program News

FRIDAY APRIL 5TH, 2019

Annual General Meeting

10:00am-12:00pm

It's Your Centre.

Join us to reflect on 2018

and see what is in store for the next three years.

Light Lunch will be provided while supplies last.

Cost: FREE

Friday April 12th, 2019

Easter Lunch

12:00pm-2:00pm

Cost: \$10.00 Members \$12.00 Non Members

Limited Spaces Available for Non Members

Special Guest Appearance

Don't forget to buy your Easter Chocolate at the party!

All Proceeds go directly to Syme 55+

Friday April 19th, 2019

CLOSED FOR GOOD FRIDAY

NO LUNCH

Friday April 26th, 2019

Annual Volunteer Appreciation Event

12:00pm-2:00pm

Cost: Free for volunteers. \$10.00 Non Volunteers

Limited Spaces Available for Non Volunteers

Don't Forget

Bingo at Syme now starts at 1:15pm

Osteo Keep Fit will be held in the Gym

Spring Class Schedule

Monday April 8th-Friday June 28th, 2019

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	12:10 PM	1:10 PM
Games	Bingo	GP Room	1:15 AM	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
Susan D.	3A Heart & Bones	Church Hall	9:30 AM	10:30 AM
Susan D.	3B Brain & Body Wisdom	Church Hall	10:50 AM	11:50 AM
Games	Mah Jong	GP Room	11:00 AM	1:00 PM
Halyna I.	3C Cardio Boost	Gym	9:45 AM	10:45 AM
Julie T.	3D Osteo Keep Fit	Gym	11:00 AM	11:55 AM
Julie T.	3E Gentle Exercise	Church Hall	12:00 PM	12:55 PM
Frank C.	3F 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
Games	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 Latin Moves	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				
No Classes Friday April 19th				
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.	5A Yoga with Sandra	Gym	9:00 AM	10:00 AM
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM



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April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. NO CLASSES NO LUNCH	2. NO CLASSES NO LUNCH	3. NO CLASSES NO LUNCH	4. NO CLASSES NO LUNCH	5. ANNUAL GENERAL MEETING 10:00am-12:00pm	6.
7.	8. SPRING CLASSES START Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	9. Bingo 1:15 -2:30pm	10. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	11. MASSAGE Bridge 10:00am-12:00pm	12. EASTER LUNCH 12:00PM-2:00PM Foot Clinic Scrabble 9:00am-11:00am	13.
14.	15. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	16. Bingo 1:15pm-2:30pm	17. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	18. Bridge 10:00am-12:00pm	19. CENTRE CLOSED GOOD FRIDAY	20.
21. EASTER SUNDAY	22. CENTRE CLOSED EASTER MONDAY	23. Bingo 1:15pm-2:30pm	24. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	25. MASSAGE MEN'S CLUB Bridge 10:00am-12:00pm	26 VOLUNTEER APPRECIATION EVENT 12:00pm-2:00pm Scrabble 9:00am-11:00am	27.
28.	29. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	30. Bingo 1:15pm-2:30pm				

IMPORTANT DATES

Monday April 1st-April 4th
 No Classes/No Lunches
 Office Open 8:00am-4:00pm
 Please drop in to register for
 Spring classes

Friday April 5th, 2019
 10:00am-12:00pm
 Annual General Meeting
 Planning on attending?
 Please sign up at reception
 Free Lunch While Supplies Last

Happy Easter
 Centre Closed Friday April 19th
 & Monday April 22nd, 2019

Friday April 26th, 2019
 Volunteer Appreciation Event
 12:00pm-2:00pm
 Free for all those who gave their
 time in 2018
 Must sign up at reception

Spring Classes Start
 Monday April 8th, 2019