

TRAVEL NEWS

CASINO RAMA

TUESDAY MAY 14TH, 2019
LEAVE SYME 55+ CENTRE @ 9:00AM
COST: \$10.00

DON'T FORGET TO BRING GOVERNMENT ISSUED ID AND YOUR PLAYERS CARD TO RECEIVE \$10.00 IN FREE PLAY.

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+

MUSKOKA CASINO, CRUSIE & SHOW WITH YEAR ROUND TRAVEL

JUNE 25TH-JUNE 27TH, 2019
COST: \$499 TWIN \$669 SINGLE
PLEASE SIGN UP AT RECEPTION

REMINDER:

SHAW FESTIVAL JUNE 11TH
ARRIVE AT JANE PARK PLAZA @ 9:30AM

Men's Club

Thursday May 30th, 2019
Walking Tour of the Murals of Islington Village

MASSAGE & ACUPUNCTURE

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

Thursdays May 16th & May 30th

\$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 May 24th

\$10 per Visit



May 2019

Program News

Friday May 3rd, 2019

Learn to YouTube

Explore the world of YouTube and learn how to find your favorite things

Lunch @ 12:00pm \$6.00

Hands on demonstration @ 1:00pm

Friday May 10th, 2019

Mother's Day Brunch

12:00pm-2:00pm

Cost: \$10.00 Members \$12.00 Non Members

Dress to impress.

All welcome!

Friday May 17th, 2019

Syme Pub Night Lunch

Join us for chicken wings, salad and snacks and Karaoke

Lunch @ 12:00pm Cost \$6.00

Karaoke at 1:00pm

Friday May 24th, 2019

Royale LePage Red Square Team

Transforming your home through staging.

Lunch @ 12:00pm Cost \$6.00

Friday May 31st, 2019

Welcome to Summer BBQ

12:00pm-2:00pm

Cost: \$10.00 Members \$12.00 Non Members

Let's kick off the Summer together and bring in the sunshine.

Summer Registration

We are trying something new!

Registration for summer programs will begin on

Monday June 10th, 2019 in the office.

We will not be holding a registration day.

Please help us make the process easier by signing up early.

Summer Classes start July 8th, 2019

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				
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



33 Pritchard Avenue
 Toronto, Ontario M6N 1T4
 416-766-0388
 syme55@syme55.com

May 2019

Health News
 From Major Medical Sources

Topics for this month include:

1. Massage eases knee Osteoarthritis
2. Protein + resistance training = improved muscle strength and mass
3. Energy boosting foods

Copies of each article are available on the Health News board located in the GP Room. Additional copies can be made in the office.

Syme Seedlings are back....

Do you like to garden?

Do you have a green thumb but live in a condo or apartment without a backyard?

We are looking for volunteers to help maintain our rooftop garden and pollinator habitat.

Come to the office for more details

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	2. Bridge 10:00am-12:00pm	3. YouTube 1:00pm-2:00pm Scrabble 9:00am-11:00am	4.
5.	6. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	7. Bingo 1:15 -2:30pm	8. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	9. Bridge 10:00am-12:00pm	10. Mother's Day Brunch 12:00pm-2:00pm Scrabble 9:00am-11:00am	11.
12.	13. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	14. BOOK CLUB 1:00pm <i>CASINO RAMA TRIP</i> Bingo 1:15pm-2:30pm	15. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	16. MASSAGE Bridge 10:00am-12:00pm	17. Syme Pub Lunch Wings & Karaoke 12:00pm-2:00pm Scrabble 9:00am-11:00am	18.
19.	20. CENTRE CLOSED VICTORIA DAY	21. Bingo 1:15pm-2:30pm	22. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	23. Bridge 10:00am-12:00pm	24. Red Square Team Transforming your home through staging 1:00pm-2:00pm FOOT CLINIC Scrabble 9:00am-11:00am	25.
26.	27. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	28. Bingo 1:15pm-2:30pm	29. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	30. MASSAGE Men's Club Bridge 10:00am-12:00pm	31. Welcome to Summer BBQ 12:00pm-2:00pm Scrabble 9:00am-11:00am	