

A Syme of the Tymes

Volume 16 Issue 1

SPRING BEGINNINGS

Syme
55+
CENTRE





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Inside this issue

Syme 55+ Centre Info	2-4
Editors Notes.....	5
Board News and Views	6
From the Office	7
Travel Com./New Members.....	9
Timely Topics	10
Interesting Info.....	16-17
Weather Phobias	20
Distracted Driving	21
Diabetes Presentation.....	22-23
Thank you.../Lessons	24
Word Fun/Services.....	26
Christmas Lunch	28
Shingles Presentation.....	32-33
Photo Contest	34
Friday Lunches	35
In Memoriam Tree	36
How to Donate.....	37
Eat Here	40-41
Sanctuary/Knitters Club	44
Class Description.....	48
Class registration.....	49



Syme55+ Centre Information

The Syme55+ Centre is a charitable, non-profit community based centre for adults 55 years of age and older and disabled adults specializing in recreational activities, special interest clubs, daily lunches and community services. The facility is a City Community Centre and Syme55+ has a permit to use the building.

Annual fee: \$30.00 yearly, January-December

Operating Hours: Monday to Friday 8:00am-4:00pm

A monthly calendar and a quarterly newsletter are available at Reception or around the Centre. Various important notices are posted around the Centre and advertised on the electronic bulletin boards (TVs).

The Centre is governed by a volunteer Board of Directors and employs the Executive Director, the Program Manager and the Program Facilitator. Other staff members are from the City of Toronto.

Operating funds are from City and Provincial Grants plus revenue raised from fundraising, user fees, events and donations. Grants are 62% of our income, fundraising and donations are 22% of income and user fees are 16% of income.

An Annual General Meeting is held every April and members have voting privileges.



The Centre has anti-racism, anti-harassment and work place safety policies (on display in the GP Room). The City of Toronto Code of Conduct is posted on the doors. Members are bound by these policies.



The Centre reserves the right to accept or decline a member and to remove the privileges of any member judged to be incapable of meeting the requirements of participating in activities. The Centre will not tolerate abusive behaviour of a member to other participants, staff, or third parties, or behaviour which detracts from the enjoyment of the Centre by other members.

All Syme55+ Centre events/activities require physical independence and mobility. A member must be able to participate in events alone or with minimal assistance from a companion who is responsible for the member's welfare. Any physical or mental condition requiring special medical attention must be reported.



MYSYMECENTRE

Members sign into the Centre by using their membership tag at one of the two touch screen monitors - one by the office door and one inside the gym.

This sign-in is used to take attendance at classes and clubs. Volunteers also enter their hours. The information gathered is for reporting to the City and Province for our funding grants.

If your tag is worn out just ask for a replacement in the office.

STAFF

**Kelly
Montgomerie
Executive
Director**

**Cleriese Lewis
Program
Manager**

**Julie Tye
Program/Snowlink
Co-ordinator**



REGISTRATION FOR PROGRAMS

Next registration day is **T.B.D.** Please register at the office for the next session or within a week afterwards to allow for planning. All participants in classes, clubs and games must register using the registration form.

PROGRAM POLICIES

- ♦ Membership is required for all classes, clubs and activities
- ♦ We regret that we cannot compensate for missed classes
- ♦ In classes that have previously proven to have less than the minimum of 10 participants a surcharge will be added to the program cost at registration. If the class reaches more than the minimum then a refund will be issued to the participants.
- ♦ Classes are subject to cancellation if class does not reach five (5) participants



Volunteers are the "key" to our success. The Centre has many committees that oversee and set policies for all of the Centre's services. The effort of the volunteers keeps the Centre providing our services at a reasonable cost to the members. Volunteers can select from a series of jobs and you can commit to as much time as you like. Volunteer for something you like doing or try something you have never done before. You will have fun!

Volunteers are always welcome on our committees: program, fundraising, travel and communication/marketing to name some.

PLEASE VOLUNTEER!

(sign up at Reception).

Volunteer Board of Directors 2020-21

Executive

Geoff Taylor - President
Gary Peltz - Vice President
Lola Kratz- Secretary
Ray Srong - Treasurer

Directors

Emily Martin
Marlene Peltz
Ilona Reynolds
John Reynolds
John L Reynolds
Joyce Woronchak



Above: sign facing Pritchard.

Below: sign facing parking lot

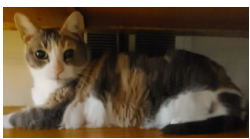




NOTES FROM THE EDITOR'S DESK



Here it is, a new season. This past winter was really wonderful stepping outside my front door and hearing the songbirds chirping away. They didn't stop when I passed by their habitat; a healthy, lush, medium-sized evergreen. They ignored my acknowledgment of their fine singing.

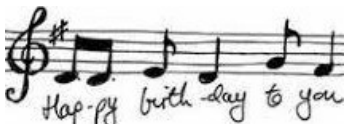


My guest arrived before Christmas and is here for a while. She sleeps all morning until about 3 PM when she comes and sits beside me for a little petting. Then she leaves. Downstairs cat meanwhile has had several short snuggles on my lap as I am wearing long pants. You may recall she will not sit on my lap in warmer weather when I am bare legged. Downstairs cat tolerates visiting cats' presence. They must communicate telepathically because when 'Sweetie pie' enters the room 'Cleo-cutie' leaves soon after, even if I'm petting her.



I have dozens of toys for the cat; different shapes, sizes and textures. Why do they both want to play with the same one even when there are 2 identical toys! They are a mystery.

My normal routine in the morning is to greet the 'google thingy' and in response I am told the weather and news reports. One morning I did this and the darn thing greeted me with 'Today is your birthday. Happy Birthday'. Then she burst into song. After singing Happy Birthday to me there was a chorus of applause. I am not sure if the applause was for me or her. What a great way to start my day! And what a surprise it was.



The driver door lock on my car has not worked for a while. My workaround is to push the door lock down then shut the door. I use the fob to lock the other doors. In order to open my door, I use the fob to unlock the doors, open the door behind the driver, lean in and stretch to unlock the driver door. I was explaining this procedure to the valet at the casino when Mum and I went and he said, 'I'll try the key'. I felt so dumb. Never have I used the key to unlock the door, so that option didn't occur to me.



Thank you to everyone who reached out to me upon hearing of my bout with SHINGLES, a horrible disease. It is really reassuring to know that it may take quite a while before recovery. It has been 6 months since I contracted it and although it is not as bad as initially, it is still bothersome. If you have not - get your shot.

-Donna Tettmar



NEWS AND VIEWS FROM THE BOARD



As we say good-bye to another year, we can look back on what was, without a doubt, a year full of extraordinary changes and uncertainty. Welcome to 2023! Are you ready for a great year ahead, of Friday Lunches and Learning programs. Unfortunately, the only way you can enjoy all these fabulous activities is to sign up, and become a Member of Syme 55+ Senior Centre of York. Call the office at 416-766-0388. Looking forward to seeing you.

Don't forget to sign in every time you come to the Syme Centre (Statistics collected, are required for our various Grant Reports)

Congratulations to Ilona Reynolds, who stepped in to fill the remainder of a two-year term, and is now on the Syme Board of Directors.

You may have attended some of these fantastic programs throughout January, February, and March. Watch for flyers and emails announcing our fabulous upcoming activities.

January:

- Friday Lunches started on January 13, (Must sign up 1 week in advance).
- Tapestry Retirement Residence and Diabetes Canada made presentations and we celebrated Chinese New Year.
- There were also monthly Massage and Foot Care Clinics (only by appointment 416-766-0388)

February:

- In- person presentations were by: Unison Health Services and the Ministry of Transportation
- There were also 2 'Lunch and Dance' opportunities for our diners.
- Monthly Massage and Foot Care Clinics are only by appointment 416-766-0388.

March:

- Free Tax Clinic at Syme (March 1 to April 15, by appointment only 416-766-0388)
- Presentations were from: Hands on Exotics, Fire Safety for Seniors and Financial Resilience.
- We also celebrated St. Patrick's Day and hosted a week-long Open House.
- There were also monthly Massage and Foot Care Clinics (by appointment only 416-766-0388)

Our Food Bank is continuing every Wednesday, if you need assistance, call 416-766-0388.

The demand for the Food Bank has continue to rise. We require your help with non - perishable food items or monetary donations. Call 416-766-0388 to make an appointment to bring your donations.

Many thanks again to our staff: Kelly Montgomerie, Executive Director, Cleriese Lewis, Program Manager, and Julie Tye, Program Facilitator/Snow Link Co-ordinator. They spend many hours, putting their ideas together, to come up with these fabulous programs, along with their many other duties. We are so Blessed to have you. Thank you for the Spirit you bring to Syme!

Lola Kratz, Secretary - Board of Directors



Spring is in the air....

On behalf of Cleriese, Julie and I, we hope this newsletter finds you well and hopeful for the season ahead. When we reopened in October we never imagined that you would return in such numbers and with such enthusiasm. We thank you for all your support.

We have so many new and exciting programs, lunches and special events planned for the upcoming months and hope that you will join us.

Stay Active, Keep Fit and Have Fun!

Kelly, Cleriese & Julie

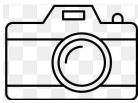




Travel Committee

Your Travel Committee is working hard for you. Thanks for responding to our recent survey. We take your needs to heart and here is our "Drafting Board" for upcoming trips and meetups. Entertainment & Dancing at the Old Mill in April and June. For theatre lovers, stay tuned for "Gypsy". Lots to do in Toronto - look forward to touring the marvelous Elgin & Winter Garden Theatre (May 10th) and later on the Tunnels of Lakeshore Grounds (June 12). Our summer highlight will be "Lake Rosseau" Cruise and a later "Grand River" Cruise. These day trips are being 'fine tuned' for details, registration and payment. And last, but not least, we are ironing out a multi day trip for early June to the Eastern Townships with emphasis on author Louise Penny's "Three Pines" locations plus more interesting sites. Watch for announcements, emails and flyers as events are confirmed.

So.....dust off your travel shoes,
cameras



and join in on



find your travel piggy bank,
the fun.



-Penny Twedde

"There are no strangers here, only friends that you have not met"- Anonymous
New Members

Please say "hi " to our new members. You will see them in class, at lunch or at an event.



Patricia Hashim
Frank Nardi
Jennie Yun
Mary McKenzie
Michael Levert
Patricia Rosen
Lea Jankowski
Nancy Carroll
Sophie Radecki

Joe Yun
Rosinah Dlamini
Finty Yeaman
Chester Mosquera
Rose Mancoso
Elsie Mosquera
Mary Vite
Linda Miniota
Susan Verge



Timely Topics

Looking for a way to connect but not into fitness?

Timely Topics is back stronger than ever.

This social group meets each Tuesday morning for conversation, guest speakers and most importantly , FUN!!!!





APRIL

Upcoming Events

**April
14**

A.G.M (Annual General Meeting)

- Catered Lunch -
Registration Required
- FREE

**April
21**

Financial Resilience

- Honey Garlic Salmon
- \$6.00/member

**April
28**

Tick & Lyme Disease

- Baked Pasta with Garlic Bread
- \$6.00/member



NEED 1 ON 1 HELP WITH YOUR COMPUTER, PHONE OR TABLET???

Sign-up for a time slot to
get help

SIGN-UP BEGINS APRIL

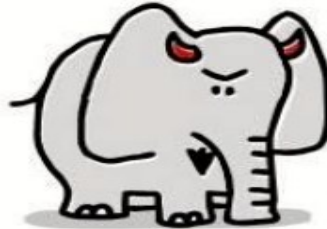
Look out for the Spring
Schedule for details or
come into the office to
pick a time for help.



elefonts



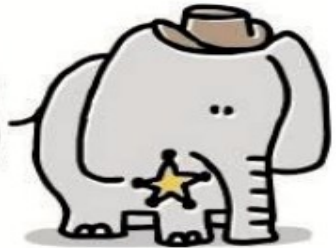
Times Roman



Helvetica



Swiss



Serif



Courier



Comic



Gothic



Dingbats

Ask the Expert

Thinking about making your funeral and cemetery arrangements in advance?

Here are the top three reasons to pre-plan now:

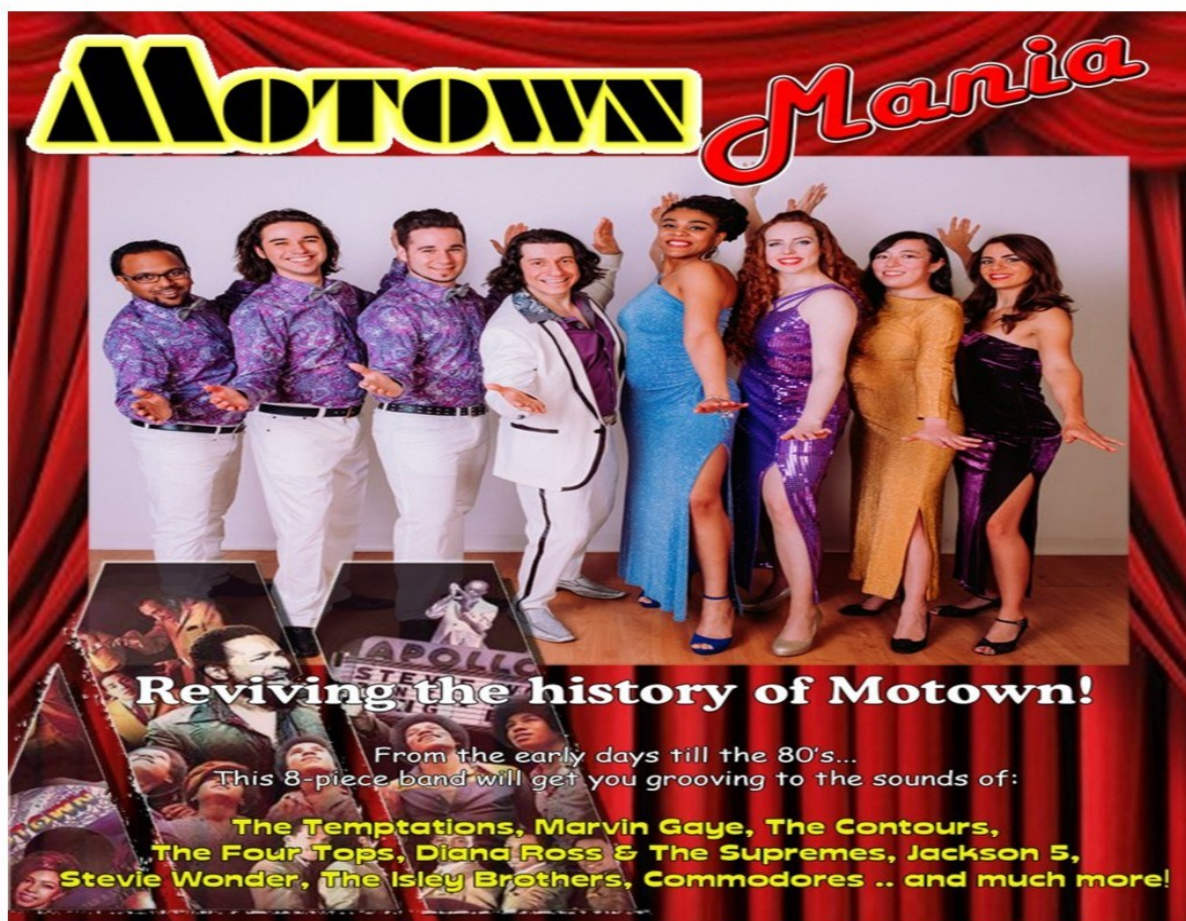
1. Pre-planning lets you make your wishes known to your family, ensuring that your funeral and cemetery arrangements will reflect your choices.
2. Pre-arranging is an essential component of estate planning, allowing you to anticipate the cost of final arrangements and to budget for them.
3. Pre-planning offers cost savings of up to thousands of dollars, reducing the financial burden on your loved ones.

Call Sylvie Powell today for your FREE Estate Planning Kit: 647-302-6373

 **Lynett Funeral Home**
by Arbor Memorial

3299 Dundas Street West, Toronto, ON
lynettfuneralhome.ca

Arbor Memorial Inc.



Motown Mania at the Old Mill

COME AND JOIN US

When: April 22nd/23

Time: 6:00pm

Where: 21 Old Mill Road
(Look for the big red heart)

Cost: Members \$35. Non-members \$40. (non-refundable)

(Commitment to spend \$30. or more on food and drink is required)

For information, contact Julie at Syme 416-766-0388 or Donna at 416-781-5173

Register and Pay at Syme: no later than Monday, April 3rd



Elgin and Winter Garden Theatre tour

COME AND JOIN US

When: May 10, 2023

Time: 11 AM

Where: 189 Yonge Street
(North of Queen Street)

Details: accessible, 90-minute tour, lunch TBA.

Tour cost: members \$13, non-members \$15.

For information, contact Julie at Syme 416-766-0388 or Donna at 416-781-5173

Register at Syme: no later than Monday 1, May



Some Interesting Information from the Internet

List of Generations by Year

February 7, 2022 January 30, 2020 by [George K. Franklin](#)

Generations

Generations is the terminology given to groups of people born in a certain period of time. This period of time is defined based on significant events occurring in the world at that time. Up until **Lost Generation**, the [Strauss-Howe generational theory](#) years of birth were taken into account. After that, other more commonly accepted dates are presented. Generations can be identified by [year of birth](#) or [age](#).

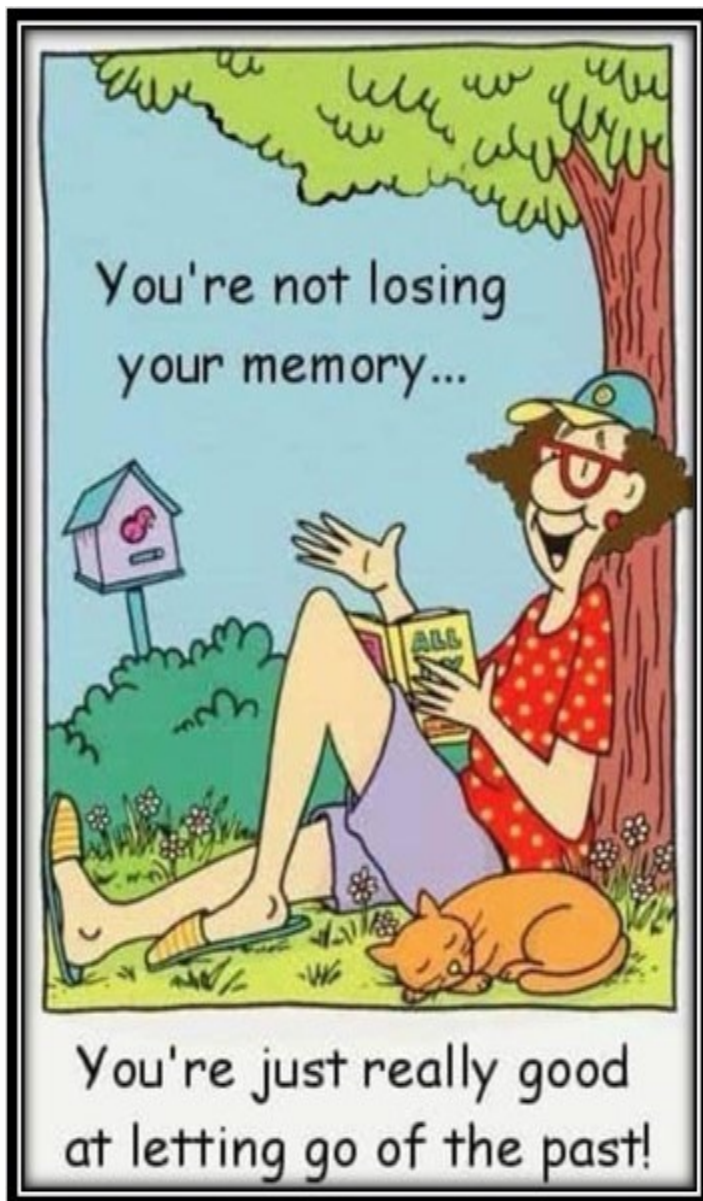
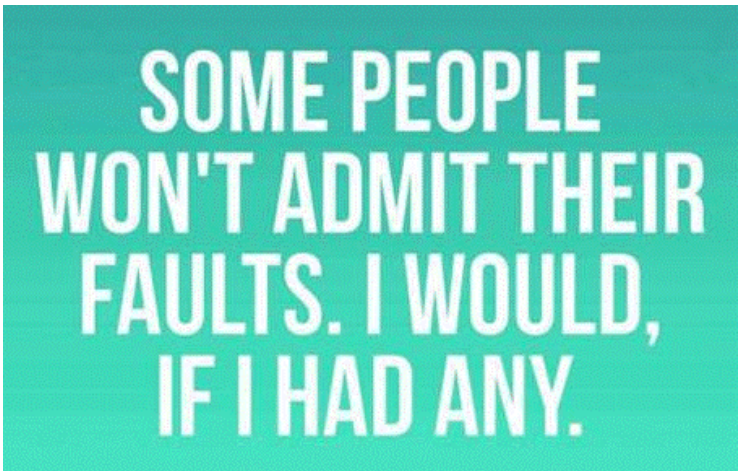
Birth years from all generations

This list shows all generations that have been named.

Generation [source] [source]	First Birth Year	Last Birth Year	Year Span
Arthurian Generation	1433	1460	28
Humanist Generation	1461	1482	22
Reformation Generation	1483	1511	29
Reprisal Generation	1512	1540	29
Elizabethan Generation	1541	1565	25
Parliamentary Generation	1566	1587	22

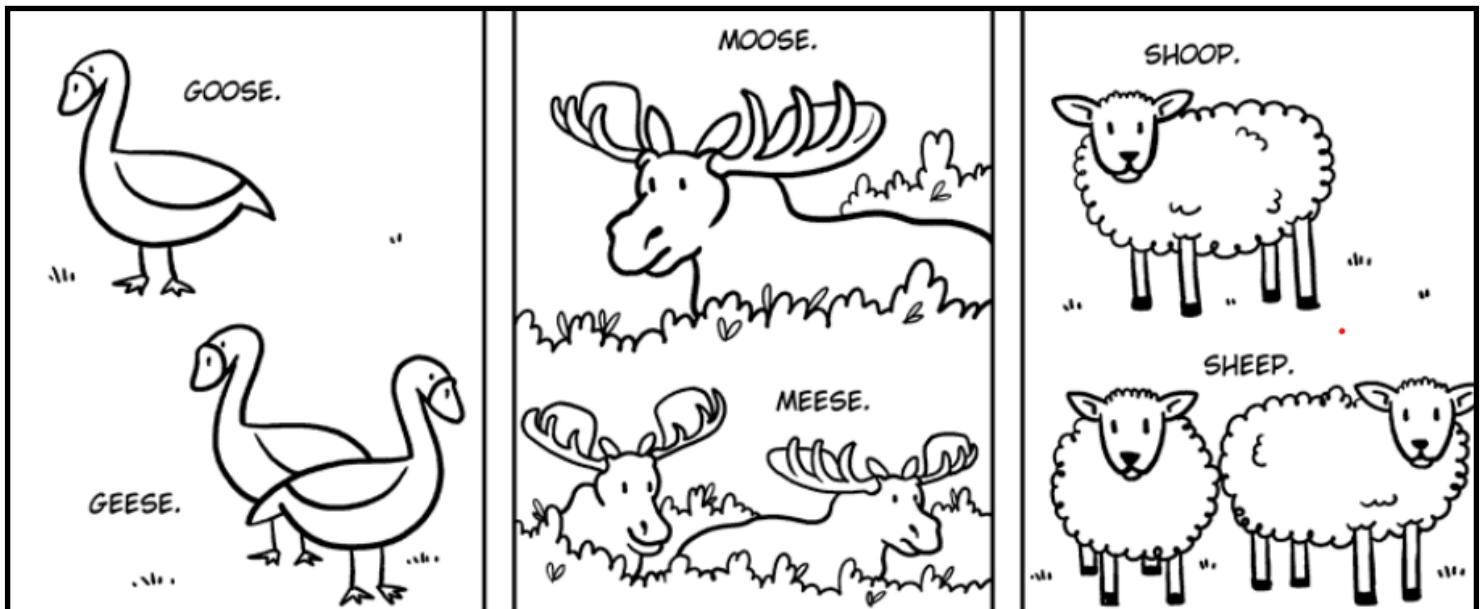
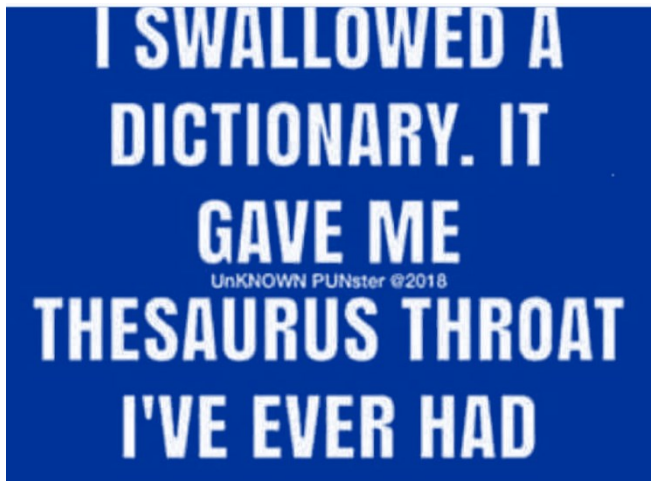


7	Puritan Generation	1588	1617
8	Cavalier Generation	1618	1647
9	Glorious Generation	1648	1673
10	Enlightenment Generation	1674	1700
11	Awakening Generation	1701	1723
12	Liberty Generation	1724	1741
13	Republican Generation	1742	1766
14	Compromise Generation	1767	1791
15	Transcendental Generation	1792	1821
16	Gilded Generation	1822	1842
17	Progressive Generation	1843	1859
18	Missionary Generation	1860	1882
19	Lost Generation	1883	1900
20	Greatest Generation (aka G.I. Generation)	1901	1927
21	Silent Generation	1928	1945
22	Baby Boomers (aka Baby Boom Generation)	1946	1964
23	Generation X (aka 13th Generation)	1965	1980
24	Millennials (aka Millennial Generation)	1981	1996
25	Generation Z (aka Homeland Generation)	1997	2012
26	Generation Alpha	2013	2025





Humour



Law of Biomechanics

The severity of the itch is inversely proportional to the reach.

The Coffee Law

As soon as you sit down to a cup of hot coffee, someone will ask you to do something which will last until the coffee is cold.

All of us could take a lesson from the weather. It pays no attention to criticism.



Weather Phobias

I was watching the weather network on TV and heard about this. I wasn't paying close attention so I googled the following information. Here is the list of ten phobias related to weather.

Weather phobias are more common than you may think.

1. NEPHOPHOBIA: A FEAR OF CLOUDS
2. OMBROPHOBIA: A FEAR OF RAIN
3. CHINOPHOBIA: A FEAR OF SNOW
4. ANCRAOPHOBIA: A FEAR OF WIND
5. HOMICHLOPHOBIA: A FEAR OF FOG
6. HELIOPHOBIA: A FEAR OF THE SUN
7. THERMOPHOBIA: A FEAR OF THE HEAT
8. FRIGOPHOBIA: A FEAR OF THE COLD
9. ASTRAPHOBIA: A FEAR OF THUNDER AND LIGHTNING
10. IRIDOPHOBIA: A FEAR OF RAINBOWS

-submitted by Donna Tettmar





DISTRACTED DRIVING PRESENTATION ON FRIDAY, FEBRUARY 17, 2023
BY LISA THOMPSON OF THE MINISTRY OF TRANSPORTATION, PUBLIC OUTREACH
AND EDUCATION OFFICE

1) Statistics

Ontario has been among the safest roads in North America for 23 years in a row, when motor vehicle deaths are counted. However, distracted driving is on the increase and one person is injured in a distracted driving collision every hour.

2) Fatalities of Distracted Driving

- Since 2000, fatalities related to distracted driving have more than doubled.

3) Definition

Distracted Driving is the diversion of attention away from activities critical for safe driving.

4) Distraction by Hand-Held Devices, e.g. mobile phones

- a driver using a phone is 4 times more likely to crash
- drivers who text while driving are 23 times more likely to crash
- one person is injured in a distracted driving collision every hour



5) How mobile phones distract

- visual - eyes off the road
- mechanical - hands off the wheel
- cognitive - mind off driving

It is not safe or legal to use the phone at a stop sign, red light, or when traffic is stalled.

Distracted driving is just as risky as impaired driving.

Texting and Driving is like driving with your eyes closed.

6) Tips to Avoid Distracted Driving

- before getting into your car, put a recording on your phone to say that you will call back when off the road
- if you must answer the call, pull to the side and park to answer the phone
- ask a passenger to take the call or to respond to a text for you
- use a hands-free device (e.g. Bluetooth, Apple CarPlay, Android Auto) and securely mount it to your dash

7) Penalties for distracted driving (Experienced Driver)

First Offence: \$615-\$1,000 fine, 3 demerit points, 3-day licence suspension

Second Offence: \$615-\$2,000 fine, 6 demerit points, 7-day licence suspension

Third Offence: \$615-\$3,000 fine, 6 demerit points, 30-day licence suspension

8) Penalties for distracted driving (Novice Driver)

First Offence: \$615-\$1000 fine, 30-day licence suspension

Second Offence: \$615-\$2,000 fine, 90-day licence suspension

Third Offence: \$615-\$3,000 fine, licence cancellation and removal from GLS

Novice Drivers (G1, G2, M1, M2) will not be subject to demerit points

This report was prepared by Sabine Beblo, volunteer of the Syme 55+ Centre



“LET’S TALK DIABETES-WHAT YOU NEED TO KNOW”

A DIABETES ZOOM PRESENTATION AT THE SYME 55+ CENTRE

ON FRIDAY, JANUARY 27, 2023 FROM 1 TO 2 PM

by Laura Malone, Divya Vinayak and Chi Wing Lam of Diabetes Canada

MISSION OF DIABETES CANADA

To lead the fight against diabetes by:

- helping those affected by diabetes
- preventing the onset and consequences of diabetes
- discovering a cure

STATISTICS ON DIABETES

- 11 million Canadians have diabetes or prediabetes
- 14 million Canadians will have diabetes or prediabetes by 2027

GOAL OF THIS PRESENTATION IS TO:

- understand the four types of diabetes
- learn how to prevent and manage diabetes
- learn about Diabetes Canada

SIGNS AND SYMPTOMS OF DIABETES

- need to urinate often
- feeling very thirsty
- feeling very tired
- rapid weight changes
- infections
- cuts and bruises slow to heal
- tingling or loss of feeling in hands or feet
- blurred vision

FOUR TYPES OF DIABETES

- A) Type 1 Diabetes
- B) Type 2 Diabetes
- C) Gestational Diabetes
- D) Pre-Diabetes

A) Type 1 Diabetes

- symptoms appear quickly (most often in children and young adults)
- person must inject insulin several times a day
- cannot be prevented

B) Type 2 Diabetes

- often no symptoms or symptoms are slow to develop
- often the person doesn't know they have it
- about 90% of people with diabetes have Type 2
- the pancreas does not work properly
- the diagnosis may be prevented or delayed



The risk factors for developing Type 2 diabetes are:

- a family member has diabetes, or
- being aboriginal, Hispanic, South Asian, Asian, African
- having high blood pressure
- having high cholesterol
- being overweight

C) Gestational Diabetes (during pregnancy)

- develops during pregnancy in 3.7% of pregnant women
- cannot be prevented
- places the woman at higher risk of developing Type 2 diabetes, for example if the baby's weight at birth is over 9 lbs.

D) Pre-Diabetes

- blood glucose (sugar) levels higher than normal, but below the level to be diagnosed
- there is a chance of developing Type 2 diabetes
- there may be no symptoms

TESTING FOR DIABETES

- blood test
- talk to your doctor

WAYS TO MANAGE DIABETES OR AVOID PRE-DIABETES

- 1) Healthy Eating
- 2) Daily/Weekly Exercise

1) Healthy Eating is as follows:

- 1/2 of the plate is filled with fruits/vegetables
- 1/4 of the plate is filled with protein-rich foods (e.g. fish, eggs, meat, etc.)
- 1/4 of the plate is filled with whole grains

It is important to eat three meals a day at regular times and no more than 6 hours apart
It is also important to eat high fiber foods and make low fat choices

2) Exercise

- 20 minutes every day (or 150 minutes per week)
- including resistance exercises (using bands, weights)
- start your exercising slowly and build over time

For any questions or further information about the services Diabetes Canada provides, please phone the following number:

1-800-BANTING during 7:30 am to 6:30 am Monday to Friday..

This write-up was done by Sabine Beblo, Syme 55+ Centre volunteer reporter.



"Thank you for the music"

We arrived at the 'Old Mill' around 6:30PM and were one of the first guests to be seated at our table for 8. There was an excellent view of the stage to watch this amazing live band who had just returned from performing in Florida. Previously the 3000-person Massey Hall had been their host. We were so fortunate to have such a great close-up view of the band. The fantastic food was delicious! The music, provided by 'Abbamania Canada' sounded just like the original band. They played some of my favourites like 'Thank you for the music' and 'Dancing Queen'. Speaking about dancing, it was wonderful to see everyone enjoying themselves so much; singing and dancing the night away. It was a memorable experience and worth every minute.

-submitted by Rose Mancuso-Nardi



PIANO LESSONS FOR SENIORS (must be Syme 55+ Centre members)

by Sabine Beblo, Affiliate Member of the Ontario Registered Music Teachers Association.

Sabine has taught piano and theory successfully to children and adult ladies (including senior ladies) for 25 years and would like to share her love of music with you (absolute beginners are very welcome).

She gives in-person 30-minute lessons in her home studio (near the Syme Centre) for a reasonable monthly fee of \$64.80.

Some things to note - you will need a piano (or a keyboard) and bench for the daily 15–30-minute practice sessions required for steady progress. Please also note that the fingers, hands and arms of the student must still be flexible, i.e., no arthritis or other impeding mobility issues.

If you are interested, please email Sabine at sabinebeblo@gmail.com for further information.



BARRELS OF OIL - When the first oil wells were drilled, there was no provision for storing the liquid so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.



SMARTPHONE CLASS



Join us for this exciting new class. Learn how to navigate your phone and tips and tricks on ease of access.

Starts Thursday, April 12, 2023

TO JOIN REGISTER ON THE SPRING SCHEDULE



WORD FUN

When I was in Florida I started doing some word games. I discovered that sometimes I didn't even get the average mark. I thought these were fun and challenging and I thought it might be fun for you as well. The list of words is elsewhere in the newsletter.

Directions:

1. Words must be of four or more letters.
2. Words that acquire 4 letters by the addition of "s," such as "bats" or "dies." are not allowed.
3. Additional words made by adding a "d" or an "s" may not be used. For example, if "bake" is used, "baked" or "bakes" are not allowed but, "bake" and "baking" are admissible.
4. Proper nouns, slang words or vulgar or sexually explicit words are not allowed

The word is **Challenge** - (An invitation to engage in a contest or controversy of any kind; a defiance; specifically- a summons to fight a duel; also- the letter or message conveying the summons.)

Can you find 60 words? The results can be found elsewhere in the newsletter.

Did you Know? Syme55+ Centre offers the following office services:

Photocopies:	15 cents/copy or 2 for 25 cents
Faxes:	Local use - 15 cents/fax
Telephone:	Local use - located in the kitchen
Computer & Internet	We have computers available for members to use. Please co-ordinate your usage with staff.

If Only
Vegetables
Smelt As
Good As Bacon

Each king in a deck of playing cards represents a great king from history:

Spades - King David
Hearts - Charlemagne
Clubs - Alexander, the Great
Diamonds - Julius Caesar



JOIN SYME 55+ FOR A

Mobile DENTAL CLINIC

WITH CAMILLE SAVORY IRDH

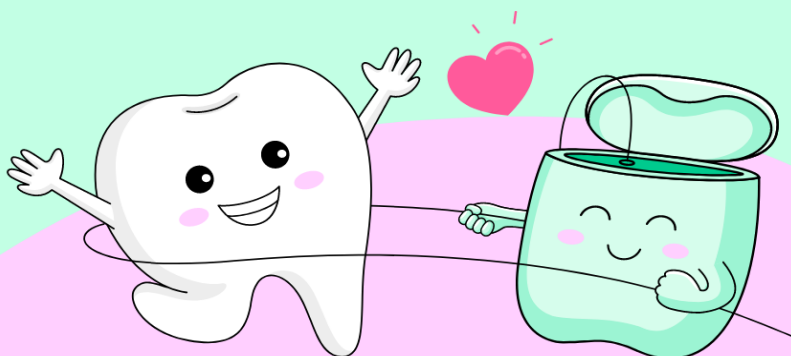
MONDAY, APRIL 17TH, 2023

9:00 AM - 3:30 PM

Cleanings: \$75.00 - \$100.00

Denture Cleanings: \$25.00

Insurance Accepted



**Please Register with Julie at
julie@syme55.com or (416) 766-0388**



CHRISTMAS LUNCH 2022

On December 16, 2022 an in-person Christmas lunch was held at our Syme Centre. It was attended by 90 members and friends. Everyone was happy to meet again in person and get together with people we have not seen for a while.

The lunch was lovingly prepared by the Syme staff. It was beautifully served on gold rimmed plates with gold cutlery. A setting fit for a king and Queen.

We also enjoyed the Christmas carols sung by our wonderful choir. Many of us joined in and sang along with them.

There was also a draw with many gifts that were donated by sponsors, even the poinsettia plants, which doubled as table decorations, were raffled.



-submitted by Lynda Cummings



I hope that you are staying safe and healthy during these trying times. Please remember that I am here for you if you need anything.

100 Queen St W, Suite C49,
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@FrancesNunziata

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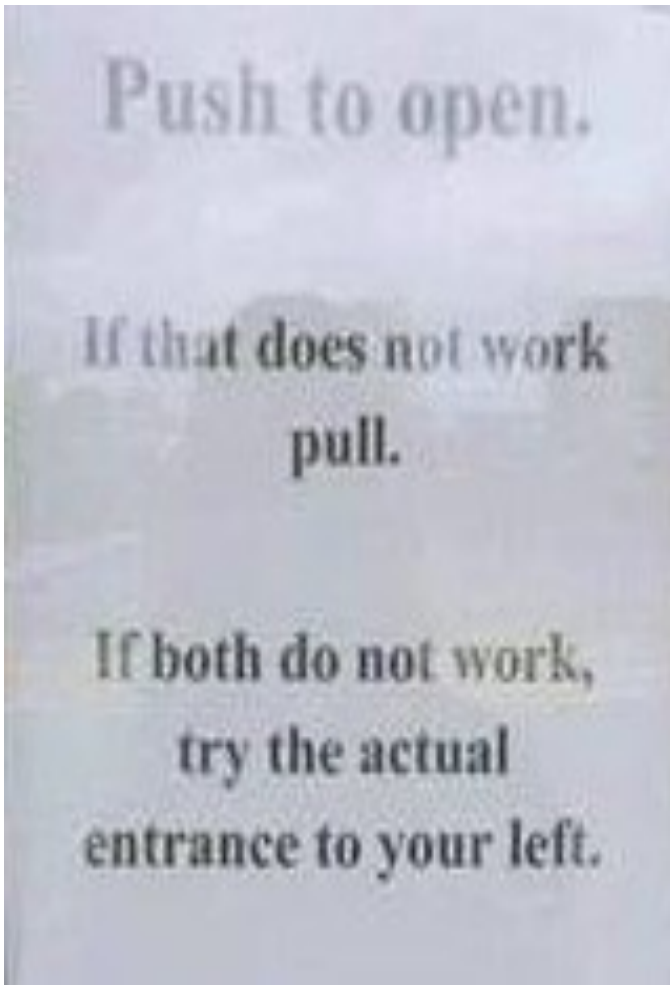
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Hon. Ahmed Hussien MP for York South—Weston

Contact our office for assistance relating:

- Canada Pension Plan
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- Canada Recovery Benefit
- Citizenship and Immigration
- Passport Canada
- Veteran Affairs
- Canada Child Benefit
- Old Age Security
- NSLSC

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CONTACT

Tel: (416) 656-2526
Email: Ahmed.Hussen@parl.gc.ca
Address: 48B Rosemount Ave, York



Tunnel Tour



Explore the 89 year history of the former
Lakeshore Psychiatric Hospital at Humber College.



Tunnel tour

COME AND JOIN US

When: June 12, 2023

Time: 1 PM

Where: Info Desk, Interpretive Centre, 2 Colonel Samuel Smith Park Drive
(s.w. corner of Lakeshore Blvd. & Colonel Samuel Smith Park Dr.)

Details: accessible, 75 minutes, formerly Lakeshore Psychiatric Hospital now the
grounds of Humber College south campus, lunch TBA.

Cost: \$5.00 members, \$7.00 non-members

To Book: call Julie at Syme 416-766-0388 or Joyce at 647-344-7545



Disco Fever at the Old Mill

COME AND JOIN US

When: Saturday, June 10th

Time: 6:00pm

Where: 21 Old Mill Road
(Look for the big red heart)

Cost: Members \$35. Non-members \$40. (non-refundable)

(Commitment to spend \$30. or more on food and drink is required)

For information, contact Julie at Syme 416-766-0388 or Donna at 416-781-5173



SHINGLES PRESENTATION FEBRUARY 3, 2023

Presented by Albana Qatibi and Najma Ibrahim, R.N. of Unison Health Services

The official name for the shingles disease is Herpes Zoster.

What is it?

It is a painful, blistery rash in a specific area of your body and you may have a fever and feel unwell for 2-4 weeks. The area most commonly affected is your torso (front and back).

What causes it?

If you had chicken pox earlier on in life, the virus lies dormant in the nerve roots of your body's spinal cord and can become reactivated years later by travelling along the nerve to the skin and causing shingles. Since one's immune system is usually a bit weaker later in life, shingles is most common in those over 50 years of age. 2/3 of the cases are in older adults. 10% of those infected require a hospital stay.

Shingles is caused by the varicella-zoster virus, which also causes chicken pox. Anyone who has had chickenpox can develop shingles.

How does it spread?

Shingles can spread only to a person who has never had chicken pox, and this by direct contact with the blisters on the infected person. They will then develop chicken pox.

What does it involve?

Pain and Rash:

The pain begins first and then 2-3 days later the rash may appear. Red blotches appear that quickly turn into itchy fluid-filled blisters. The urge to scratch is very strong. To help with that:

- 1) wear loose-fitting clothes.
- 2) take cool baths or cool the affected areas with ice cubes wrapped in a plastic bag.
- 3) to relieve some of the itching use special lotions, such as calamine lotion or Vaseline.

To get well, the blisters have to scab over and become dry. Slight scarring may occur. The pain and rash may continue for a while.

There are possible complications of shingles:

- 1) long-lasting pain after the rash has healed - can be up to a year or several years
- 2) skin infection - then you may need antibiotic treatment
- 3) eye problems, possible blindness
- 4) feeling weak

Treatment of Shingles

Purpose of Treatment: to relieve some of the pain and to prevent complications

- 1) Pain medication
- 2) Antiviral medication (it is not a cure, but stops the virus from multiplying).

Antiviral medication is only advised if there is a risk of complication, such as shingles affecting the eye or ear or if shingles affects an area other than the torso or if there is severe pain or rash.



Shingles

(continued from previous page)

Recommended Prevention and Lessening of Symptoms:

2-dose newly developed vaccine called Shingrix (available to adults 50+)

The 2 doses are given 2-4 months apart intramuscularly in the arm. It is effective for 4-9 years.

The cost is covered for adults 65-72 years of age, otherwise there is a fee.

(Note from author: The vaccine that some of us got before 2020 was a one shot vaccine called Zostavax which cost approximately \$230 and which, according to the speakers who gave the presentation, may still be effective in the body).

(Second note from the author: one of the members who had shingles had good results using oregano oil which greatly lessened the rash).

This report was prepared by Sabine Beblo, volunteer reporter for the Syme 55+ Centre.



Did you know?

Prague is home to the largest castle in the world! Its 130-metre-wide medieval castle with its massive 70,000 square metres of land has made the Guinness Book of World Records.

Vienna is the birthplace of the "French croissant". These buttery and soft delights are based on an Austrian pastry called Kipferl (meaning 'crescent' in German). They were made by Viennese bakers to commemorate the Austrian victory over the Ottoman Turks in 1683. It was Marie Antoinette who first introduced her favorite Viennese pastry to France.



PHOTO CONTEST
For the cover of our
SUMMER issue of
"A Syme of the Tymes"



CRITERIA

Ontario, landscape, scenery or environment
Seasonal

Colourful, with limited white, vertical

Not previously published or displayed

Not displaying company names or other forms of
advertising

Must have been taken by a member within the past 5
years.

No more than 4 submissions/member.

Must be submitted to flexible@bell.net
no later than
June 1, 2022

Law of the Result

When you try to prove to someone that a machine won't
work, IT WILL!!!



OUR FRIDAY LUNCHES ARE BACK

Our Friday Congregate Dining program features delicious meals followed by social events, informative demonstrations and presentations by various community professionals.



Jan 13th - delicious creamy pasta with roasted chicken thighs followed by peach dump cake with ice cream (no, this is not a misspelling) and it was yummy. Representatives and clients from Tapestry were there with a great deal of information on Retirement Homes and answered a questions from the members.

Jan 20th - a large group of our members went to the Mandarin to celebrate Chinese New Year. This is always a hit.

Jan 27th - crusted white fish, roasted veg and salad, dessert was individual pineapple upside-down cake. This was followed by a diabetes presentation on Zoom from Diabetes Canada, a question and answer period followed.

Feb 3rd - chili and cornbread followed by vanilla pudding. A very important presentation on shingles by representatives from Unison Health Services. This affects many of the elderly and can be painful for months and also can return at a later date.

Feb 10th - spaghetti and meatballs with garlic bread and Caesar salad. Desert was delicious cherry cheesecake bars. Entertainment, good music and dancing for those so inclined.

Feb 17th - delicious crusted pork chop, baked potato (with sour cream and butter) and broccoli. Lemon blueberry coffee cake, so good.

Feb 24th - jerk chicken, rice and peas and coleslaw was followed by a delicious coconut square. Entertainment was a hit with all, Chris Precius from Fire 10 Entertainment put on a fabulous show of Caribbean and African drumming and dancing.

Mar 3rd - beef tacos, with all the trimmings and rice, yummy dulce de leche poke cake followed. Hands On Exotics arrived with a large variety of animals, from a gorgeous parrot to a tortoise. A fun time with all getting to touch and enjoy each creature.

Mar 10th - pizza day, vegetarian, cheese and pepperoni followed by award winning brownies. Fire prevention was our topic of the day led by professionals.

Come join us on Fridays for good food, great company and entertainment.

-Submitted by Emily Martin



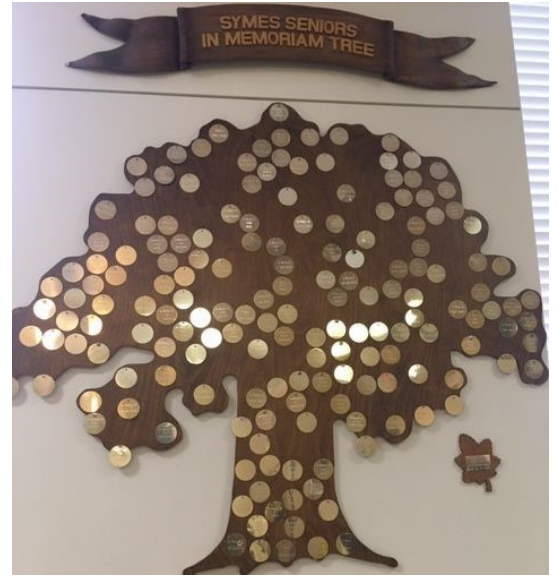
The **IN MEMORIAM** Tree

The **In Memoriam Tree** , located on the west wall of the General Purpose Room was developed as a tangible way to recognize Memoriam donations from our membership. The tree was crafted by George Baker and Fred Patterson, two members of the original woodcarving class.

It was mounted in the gym upstairs but moved to the wall by the back door when the gym was being painted. Norma Falconer, a volunteer at the time, pointed out that the wood would be damaged by the heat from the heater that was under it. So the In Memoriam Tree was moved to its present location where it can be seen by all.

A small plaque inscribed "In Memory Of" is placed on the tree to honour the memory of a loved one. There are 185 discs on the tree.

We gratefully acknowledge the Memorial donations received from the families and friends of our late members who, at a very difficult time in their lives, have remembered the Syme55+ Centre. Memorial donations are used to enhance and develop the services and programs offered at the Syme55+ Centre. Anyone wishing to make a donation "In Memoriam" should fill out a Memoriam card, located at the Reception Desk in the office, or speak to a staff member for more information. A charitable receipt is issued to the donor, and a letter of acknowledgment is sent to the bereaved family.



Bequests

A bequest is a gift whether large or small made through a Will to provide future financial support to the Syme55+ Centre.

Bequests may include cash, marketable securities, closely held stock, real estate, or tangible personal property.



DONATIONS

Did You Know that we rely on your donations to off-set operating costs?
We ask you to support the Centre with as generous a donation as possible.

We sincerely thank you! Working together, we can make a difference!

Donation Form

Charitable Registration #12437 7292 RR0001

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Yes, I would like to support Syme 55+ Centre with a charitable donation.

- | | | | |
|--------------------------|-------------|-----------------|-------|
| <input type="checkbox"/> | Contributor | under \$25.00 | _____ |
| <input type="checkbox"/> | Friend | \$25-\$49 | _____ |
| <input type="checkbox"/> | Supporter | \$50-\$99 | _____ |
| <input type="checkbox"/> | Associate | \$100-\$299 | _____ |
| <input type="checkbox"/> | Companion | \$300-\$999 | _____ |
| <input type="checkbox"/> | Angel | \$1000 and over | _____ |
| <input type="checkbox"/> | Other | | _____ |

Please make cheques payable to:

The George S. Syme Senior Centre of York

A receipt for income tax purpose will be mailed to you.

Bereavement Receptions

In order to assist families and friends of our late members, arrangements may be made to hold a reception at the Syme55+ Centre, following the funeral or memorial service. The staff along with volunteers will prepare and serve light refreshments for a nominal charge. Please speak to one of the staff to make arrangements.



*Syme*55+
CENTRE

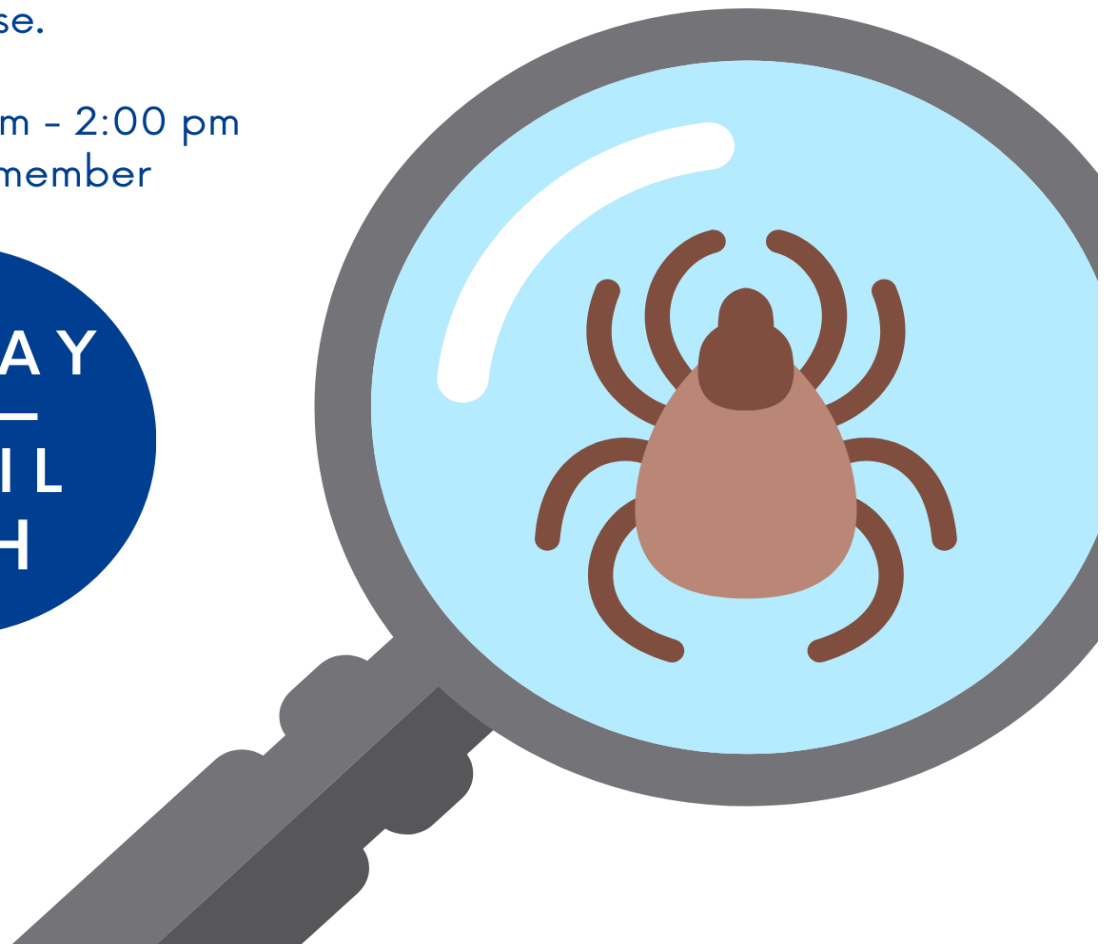
TICK & LYME DISEASE

presentation

Join us for a presentation with Gillian Graham MN, RN(EC), NP-PHC, on Tick & Lyme Disease.

Time: 12:00 pm - 2:00 pm
Cost: \$6.00/member

FRIDAY
—
APRIL
28TH





*Syme*55+
CENTRE

Join Syme 55+
for our



SPECIAL EVENT

FRIDAY, MAY 5TH, 2023
TIME: 12:00 PM - 2:00 PM
COST: \$12.00/MEMBER



You Must Eat Here

From Renee - **Jade Dim-Sum** 2280 Dixie Road, Mississauga, L4Y 4C2; 905-273-6663. It is just north of The Queensway on the west side of Dixie. Parking is available in front and behind the building. Washrooms are on the same floor. It is accessible. Closed on Tuesday, hours are 9:30AM-7:00PM.

Finally, a dim-sum restaurant in our area. The dim-sum menu has pictures so you will know what you are ordering as there are no carts. There is also a menu of traditional Chinese items such as vermicelli, rice or other dishes. The food is freshly made, in fact, after we had eaten, we decided to order another dish and were told it would take 20 minutes to prepare. I can hardly wait to return.

From: Susan - **Pho Now Authentic Vietnamese Cuisine**, 2561 St. Clair Avenue West

Hours: 10:00 am to 10:00 pm every day of the week Washrooms are clean and on the main floor Parking lot is in front of the restaurant,

We had lunch there and it was delicious. We asked for no spice as we do not care for spicy foods and so it was made without spice. We found the food reasonably priced. We highly recommend this restaurant.

From Donna - **Lobster Burger Bar**, 214 King St. W., 416-598-2929, open noon- 11PM, closed on Mondays. While the washrooms are on the same floor as the restaurant there are several stairs up from the sidewalk. Parking is hard to find. \$\$ (from trip advisor).

One afternoon after attending the Royal Alexander Theatre I went and had clam chowder. It was served in the most humongous bowl I have ever seen. Additionally, I had the lobster roll with salad. I had no room for dessert. Next time I am looking forward to trying the lobster bisque.

From Jeannette - I went to **New Orleans Seafood & Steakhouse**, 267 Scarlett Road (just north of East Dr.), 416-766-7001, Tues.-Sat. 5PM-9PM, limited parking, washrooms are downstairs.

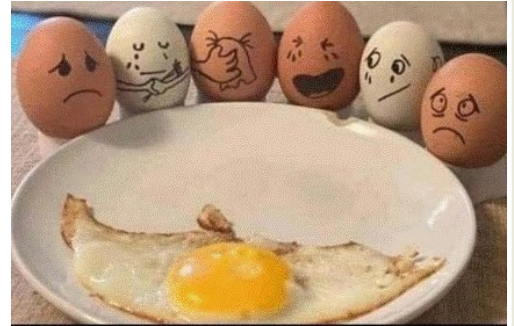
The food was amazing. My Son in Law had Rib Eye steak. The rest of us enjoyed trying the jambalaya. They have a great assortment. They specialize in Cajun-Creole and Seafood but have chicken, beef, pasta. Something for everyone. The Owner Mike is Super nice and comes to each table to make sure we are happy. His wife does all the cooking. It is a small restaurant but very popular so reservations are recommended. People come from all over for the good food, nice atmosphere. We averaged \$50.00 per person. That was for main entree each, one bottle of wine and Spanish coffee. We did not order appetizers or dessert as the main course was more than enough. Highly recommend. This is a Special place.



More of You've Got to Eat Here

From Lynda - One of my favorite local restaurants is **Dundas Street Grille**, 5238 Dundas Street West near Kipling subway. Closed Mondays, Tuesday to Saturday 8:30am to 8:30pm, Sundays 8:30am to 2:30pm. Washrooms are on the main floor. Loads of parking.

The restaurant has been in operation since 1984. They have a varied menu at reasonable prices. The breakfast is wonderful at \$12.75 and includes coffee. Their dinners are about \$20.00. This restaurant has a great family feel. I have eaten here many times and have never been disappointed with the food or service.



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

From Penny - **La Vinia Restaurant**, 2350 Lakeshore Blvd. West (east of Kipling Ave.) Telephone: 647.748.2350. Parking is on the street. Main floor washrooms

Celebrated in style before the end of 2022 with this delightful Spanish establishment. We enjoyed grilled shrimp and mussels as an appetizer, then Caesar salad and our main course was fish of the day (seabass filet) and veal marsala. Only one of us had room for a tasty, interesting dessert. Of course, excellent wine was chosen. We recommend a reservation, say 5:00 p.m., opening time. \$85.00 each - as an annual treat.

From Emily - **Indilicious** 416-769-4270. Well-recommended Indian Cuisine Restaurant in the Junction, corner of Runnymede Rd and Dundas St W., small metered parking lot beside the building, washrooms are on the main floor.

We tried several entrees, all attractive and delicious, large portions with leftovers to take home. Small wine list. The server was knowledgeable and helpful in answering questions. Facilities are on the main floor.

Definitely on our return visit list. Enjoy.

Did you Know?

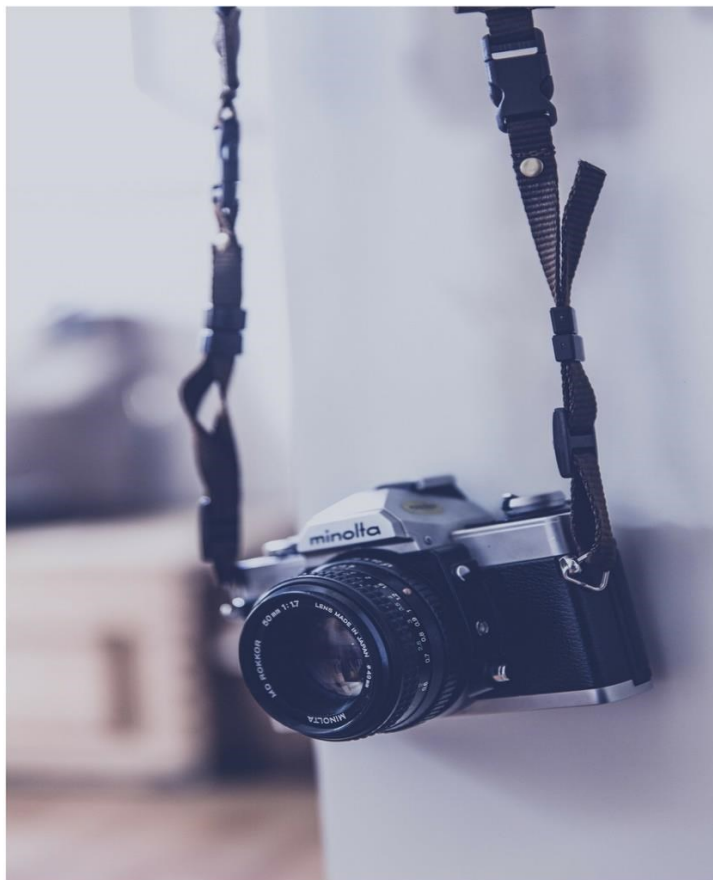
Who picks the jersey in **BASEBALL**? On game days that do not require a special uniform (either by team or MLB request) it is generally (but not always) **the starting pitcher** for a team that chooses the uniform to be worn for that day's game.

COBWEB - The Old English word for "spider" was "cob".



Photos Wanted

The newsletter is always looking for photos taken by our members, about our members and for our members. If you would like to see your photos featured in our newsletter please speak to Donna or email them to flexible@bell.net





*Syme*55+
CENTRE

JOIN US TO
CELEBRATE THE
WONDERFUL
MOTHER'S OF SYME

HAPPY
Mother's Day
LUNCHEON

FRIDAY, MAY 12TH, 2023

TIME: 12:00 PM - 2:00 PM

COST: \$12.00/MEMBER



Book Sanctuary

What do Agatha Christie, Margaret Atwood, Maya Angelou, Truman Capote and Orson Wells have in common? They, along with 45 other authors of note, have had a book banned that was written by them.

I came across a newspaper article about Toronto Public Library's Book Sanctuary which stated that Toronto Public Library (TPL) is highlighting the increase of intellectual freedom challenges across North America and reaffirming the important role public libraries play in protecting this freedom. TPL is joining the Book Sanctuary movement, started by Chicago Public Library, recommitting the library to protect and defend Torontonians' rights to freely access a broad range of diverse materials - including those that have been challenged or banned - online and at its 100 branches across the city. TPL has created a Book Sanctuary collection currently consisting of 50 adult, teen and children's books that have been challenged, censored or removed from a public library or school in North America. The collection isn't comprehensive, but highlights the different types of content and subjects that have been challenged or banned over the past several years.

You can find a complete list of these banned books on their website (torontopubliclibrary.ca) If you haven't read one or another of these books, take it out and have a read.

Submitted by-Donna Tettmar

Knitters Club

Join the Knitters Club!

Help knit items like pneumonia vests for children, baby bonnets, blankets and baby booties for the Canadian Food for Children charity. We meet on Monday. New knitters welcome.

-submitted by Helen Bruckner





Word Fun: CHALLENGE (Play directions appear elsewhere in the newsletter)

Ache	achene	Acne	Agee	Agene	Aglee	Alec	Alee
Allege	Anele	Angel	angle	Cage	Call	Cane	cell
cella	Cellae	chang	Change	Chela	Chelae	clag	clan
Clang	Clean	Each	Eagle	Eche	Egal	Elan	encage
Enlace	Gaen	Gale	Gall	Gane	Gene	Ghee	glace
Glance	Glean	Glee	Glen	Haen	Hall	Hance	Hang
Heal	Heel	Hale	Hell	Hence	Lace	Lance	Lane
Lang	Leal	Leach	Lean	Leech	Legal	nacelle	

Did you know?

American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Oak trees do not produce acorns until they are fifty (50) years of age, or older.

The first product to have a bar code was Wrigley's gum.

Law of Close Encounters

The probability of meeting someone you know **INCREASES** dramatically when you are with someone you don't want to be seen with.



Syme 55+ Centre Presents

Lake Rosseau Cruise

Come savour the flavour of Muskoka. Established in 1992 in the heart of Ontario's scenic cottage country, the Gravenhurst Farmers' Market has become one of the region's most popular attractions. The market has numerous vendors selling a broad array of fresh Ontario produce, arts and crafts. Enjoy a delicious meal at The Oar Restaurant. After lunch we will travel to Port Carling to board the Lady Rosseau. Experience beautiful and majestic views on your 90 minute narrated cruise. You will experience the rich history and extraordinary world class cottage architecture. Our final stop is the Mariposa Market. Come savour the aroma of chelsea buns and Muskoka Berry pies hot out of the oven. Treat yourself to scratch recipe gingersnap cookies like gramma always made, humungous apple fritters, gooey sea salted butter tarts and eclairs positively stuffed with real whipped cream.

Date:	Wednesday, July 5, 2023	Price:	Member \$150.00 per person Non Member \$155.00 per person Pay by May 15, 2023
Depart:	8:00 a.m. - Jane Park Plaza, 873 Jane St.		
Market:	9:45 a.m. - 10:45 a.m. Visit to the Gravenhurst Farmers' Market	To Book:	Contact Julie at Syme at 416-766-0388 or Joyce at 647-344-7545
Lunch:	11:00 a.m. - 12:30 p.m. Enjoy a delicious lunch at The Oar. Traditional Tossed Salad with House White Wine Vinaigrette. Choice of 1) Lemon and Honey Glazed Salmon Filet 2) Chicken Breast with an Onion Thyme Glaze both served with Savoury Rice Seasonal Vegetables, Dessert and Coffee or Tea MEAL SELECTION DUE UPON BOOKING		
Cruise:	1:00 p.m. - 2:30 p.m. Enjoy a 90 minute cruise on Lake Rosseau		
Market:	3:30 p.m. - 4:30 p.m. Visit to the Mariposa Market		
Return:	Arrival in Toronto approx 6:30 pm		



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Syme 55+ Centre Presents

Grand River Cruise

Begin your day at "The Landing" with complimentary coffee and muffin plus shopping in the large Craft Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Show featuring "The Blazing Fiddles". You will then embark on a 2 1/2 hour cruise featuring a sumptuous 3-course roast beef lunch. During your cruise your captain gives an informative narration about the Grand River and refreshments are served before returning to the dock.

Date: Wednesday, August 23, 2023

Depart: 9:30 a.m. - Jane Park Plaza, 873 Jane St.

Cruise: 10:45 a.m. - 11:15 a.m.
Complimentary coffee and muffin plus visit to the Craft Shop
11:30 a.m. Live music show featuring "The Blazing Fiddles"
12:30 p.m. - 3:00 p.m.
Enjoy a 2 1/2 hour luncheon cruise on the Grand River. Menu: home baked bread, garden salad, roast beef, vegetables, mashed potatoes, home baked apple pie, and tea or coffee

Dutch Mill: 3:30 p.m. - 4:15 p.m.
Visit to The Dutch Mill Country Market

Return: Arrival in Toronto approx. 6:00 p.m.

Price: Member \$145.00 per person
Non Member \$150.00 per person
Pay by June 19, 2023

Inclusions: Return transportation via deluxe coach, luncheon cruise, driver gratuity, & all taxes.

To Book: Contact Contact Julie at Syme at 416-766-0388 or Joyce at 647-344-7545



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Classes	Description
Low Intensity	
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.
Computer Class	Instructional course on basics of computers/tablets.
Smartphone Class	Learn how to navigate your phone with instruction help.
Tech Support	One on one Support with instructor for help with personal devices such as phones, computers and or tablets.
Yoga	Stretch, breathe, strength and balance to facilitate an integration of body, mind and spirit.
Medium Intensity	
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accommodate seated exercise.
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
Co-Ed Fitness	Moderate level seated, standing and walking exercises with weight options.
Essentrics Fitness	Focuses on healthy aging with gentle workouts for all fitness levels and improves ability to move freely without pain. Strength and stretching movements to music to increase flexibility, improves the range of motion in our joints and prevents injuries.
Line Dancing	Learn great choreographed dance moves to popular music.
Posture, Balance & Strength	Standing and sitting exercises to help improve your posture, ankle, hip strength & mobility for better balance, and core. Helps build upper & lower body strength with light weights. Includes low impact aerobic exercises to improve cardiovascular health.
High Intensity	
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Drum Fitness	A fun chair workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress reliever.
Caribbean Dance	Instructional upbeat, energetic dance exercise to caribbean music.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Wood Carving	Create works of art with wood and sharp tools.
Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Timely Topics	Weekly speakers and lively discussion.
Tai Chi Fan	Form of Tai Chi using fans. Takes focus, balance, poise and awareness to be an effective tool in self defense. Instruction provided.
Knitters Club	Love to knit? Not sure what to do with your creations? Group meets weekly and finished projects can be donated to charities that help children.
Games	Pay as you Play = P.A.Y.P. \$2.00
Bridge	Enjoy a game of Bridge.
Scrabble	Come hang out and play a friendly game of Scrabble.
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.



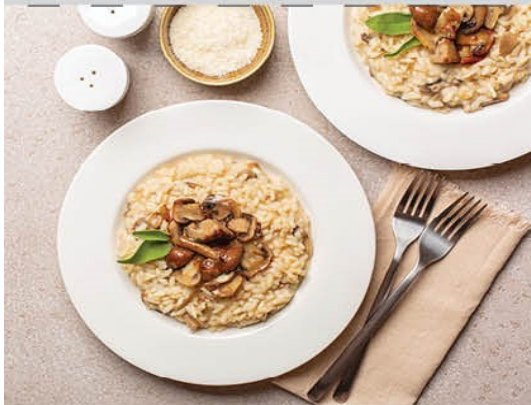
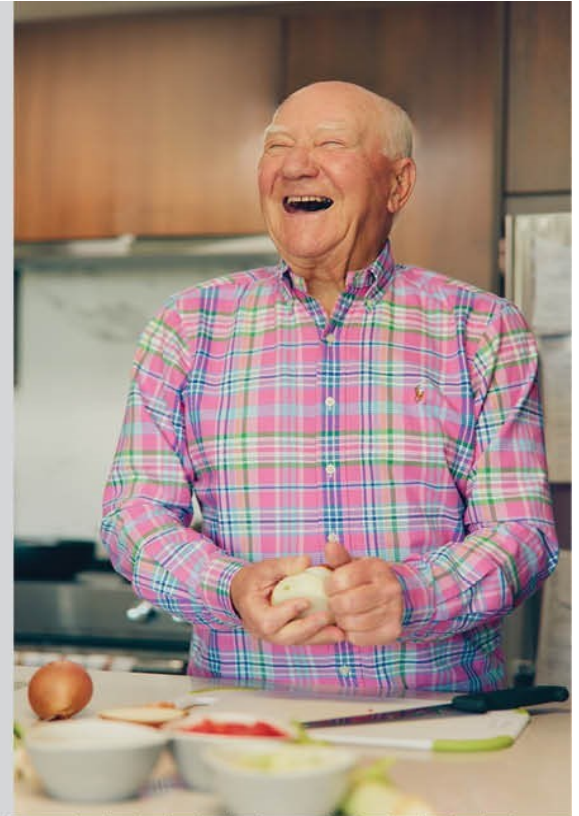
PLEASE PRINT INFORMATION- THANK YOU (IN-PERSON/ONLINE)						
FIRST NAME:			LAST NAME:			
PHONE NUMBER:			TAG #: X 102		(LAST 4 DIGITS ONLY)	
SYME SPRING 2023 CLASS REGISTRATION FORM						
Session Date: Tuesday, April 10 th , 2023 - Friday June 30 th , 2023 (No Classes Monday April 10 th , Friday April 14 th , Monday May 22 nd , & Monday June 26 th , 2023)						
PLEASE REGISTER FOR ALL PROGRAMS YOU MAY BE ATTENDING INCLUDING GAMES AND CLUBS						
	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
MONDAY	<small>Centre Closed Monday, April 10th, Monday May 22nd, & Monday June 26th, 2023 There Will Be No Classes</small>					
Diane B.	1A Pilates	Gym	9:30 AM	10:30 AM	\$ 33.00	
Club	Knitter's Club	Gp Room	10:00 AM	12:00 PM	FREE	
Games	Euchre	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Katrina N.	1B Posture, Balance & Strength	Gym	10:45 AM	11:45 AM	\$ 33.00	
Julie T.	1C Osteo Keep Fit	Church Hall	12:15 PM	1:15 PM	\$ 33.00	
TUESDAY						
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 33.00	
Club	Timely Topics	Conference Room	9:30 AM	11:00 AM	\$ 13.00	
Games	Mah Jong	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Sylvia B.	2B Co-Ed Fitness	Zoom	11:00 AM	12:00 PM	\$ 33.00	
Karen F.	2C Line Dancing	Gym	12:15 PM	1:15 PM	\$ 33.00	
Karen F.	2D Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 33.00	
WEDNESDAY						
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Frank C.	3A Tai Chi Intro/Continuing	Gym	12:00 PM	1:00 PM	\$ 33.00	
Club	Tai Chi Fan	Gym	1:10 PM	2:10 PM	\$ 13.00	
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	
THURSDAY						
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 13.00	
Gabriela C.	4A Flex N Stretch	Gym	10:00 AM	11:00 AM	\$ 33.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Sheldon G.	4B Smart Phone Class	Gp Room	11:00 AM	12:00 PM	\$ 33.00	
Chris P.	4C Caribbean Dance	Gym	12:30 PM	1:30 PM	\$ 33.00	
Sheldon G.	4D Computer Class	Church Hall	12:00 PM	1:00 PM	\$ 33.00	
Sheldon G.	4E Tech Support (By Appointment Only)	Conference Room	1:00 PM	2:00 PM	FREE	
FRIDAY	<small>There Will Be No Classes Friday, April 14th, 2023</small>					
Dylan C.	5A Yoga	Gym	10:00 AM	11:00 AM	\$ 33.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Silvana S.	5B Essentrics Fitness	Gym	11:10 AM	12:10 PM	\$ 33.00	
<u>PLEASE READ BEFORE REGISTERING</u> 1. Registration is required for all programs, clubs and games. 2. Anyone presenting with symptoms of illness will be denied entry. You are required to stay home if you are unwell. 3. We regret that we cannot compensate for any missed classes. 4. Please bring a water bottle and take it with you when you leave. 5. Upon Provincial/City guidelines, in person programming may be subject to cancellation. 6. There will be NO REIMBURSEMENT if there is a cancellation due to Provincial/City guidelines.				Class & Club Total		
				2023 Membership		
				Donation		
				GRAND TOTAL		
				CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/> DEBIT/CREDIT <input type="checkbox"/>		
				 33 Pritchard Ave, Toronto, ON M6N 1T4 Tel: (416) 766-0388 www.syme55.com		
P.A.Y.P = Pay As You Play (\$2.00 fee per day)						



Retirement living never tasted so good.

Tapestry at Village Gate West understands that delicious food not only nourishes the body, but also inspires the mind and spirit. That's why our focus on wellness extends to our culinary experience where a creative team of chefs prepare extraordinary menus that emphasize fresh and local ingredients.

At Tapestry, residents enjoy fine dining in our Restaurant or a casual bite in our Pub. You can also cook-up your own favourite recipe in the comfort of your suite, which includes a fully-appointed kitchen. Discover Tapestry's culinary offering and learn why retirement living never tasted so good!



Tapestry's Mouth-Watering Mushroom Risotto

Ingredients:

10.5 oz	arborio rice
4	shallots finely chopped
2	garlic cloves finely chopped
½ cup	white wine
2 cups	mushroom or chicken stock (hot)
18 oz	fresh mushrooms (frozen or dried can also be used)
3.5 oz	Parmesan, finely grated
	Soft butter, extra virgin olive oil or truffle oil to finish
	Veal reduction
	Parmesan shavings and pea shoots for garnish

Over medium heat, sweat the shallots, garlic and mushrooms in olive oil. Add the rice and mix. Toast the rice. Add wine and stir until almost absorbed. Pour in the mushroom or chicken stock until absorbed by the rice; stir continuously. Repeat the process until the rice is cooked "al dente". Finish with butter, olive oil and grated Parmesan cheese. Taste for seasoning and adjust. Place a serving of risotto in the centre of a warm plate. Drizzle with veal reduction and olive oil.

Move in today and enjoy our Spring incentive valued at \$5,000



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