

# A Syme of the Tymes

Volume 16 Issue 2

## SUMMER RETURNS

*Syme*  
**55+**  
CENTRE



George S Syme Senior Centre of York  
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### 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. yearly, January-December

Operating Hours: Monday - 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 by the kitchen.

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 Coordinator



## REGISTRATION FOR PROGRAMS

Next registration day is to be determined. Please register at the Syme 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 2022-2023

### Executive

Geoffrey Taylor - President  
John Reynolds - Vice President  
Lynda Cummings- Secretary  
Ray Strong - Treasurer

### Directors

Wieslawa Bilan  
Emily Martin  
Marlene Peltz  
Ilona Reynolds  
John 'Kiwi' Reynolds  
Joyce Woronchak



Above: sign facing Pritchard.

Below: sign facing parking lot





## NOTES FROM THE EDITOR'S DESK



My cat sitting duties have ended for a few months. The absence of the visiting cat has not seemed to have had any effect on the downstairs cat. She still ignores my need to cuddle her. Of course, while I am wearing long pants she will sit on my lap. The moment I have my shorts on she deserts me. Oh well, this is the evolution of our relationship.

My sister and her husband go to Holland every year for 3 months. I get up every morning and ask the Google 'thingy' what the temperature is in Amsterdam. While we were in the May heat wave, it was really cold there (10 degrees), I was shocked, so I looked for information: Amsterdam is 52.37 north and 4.9 degrees west, Toronto is 43.65 north and -79.0 degrees west. Other than I think this means they are further north than we are, I have no idea what it means. There is also a 5 hour time difference. The internet is good for some things.

I was giving a friend a ride, so she went to get in the front seat of my car. I had used the fob to unlock the car doors, except mine, as I had used the key. My passenger was patiently waiting for her door to be unlocked. It didn't. I got out and went around to insert my key in the door lock, Imagine my surprise when I discovered there wasn't a key hole! When did passenger door key holes disappear? Even google didn't know.



A bus was pulling away from a bus stop so I stopped to let it in. The driver behind me was terribly upset and started honking his horn at me. Well, I wasn't going to take that so I rolled my window down and stuck out my arm so as to give him 'the finger'. You know, the middle finger. I haven't done this in forever and so I had forgotten that that middle finger does not separate from the others on its own. The other fingers have to be held down by the thumb. But I forgot that. Of course, everything happens in a split second or the effect is lost. I ended up giving him the 'thumbs up' sign. I have no idea what he thought of that.



Now for an update on my SHINGLES. I am still suffering from them, not as bad but if you notice me rubbing or touching the right side of my forehead, eyebrow or eye then it is acting up. On October 1<sup>st</sup> I shall be getting my first shingles needle. I encourage you to get your Shingles vaccination. This is a terrible disease.

For those of you who will not be taking classes at Syme this summer, there are 4 pages of exercises you can do included in this issue. I always think I will remember the exercises I do with Katrina, but I don't.

Donna Tettmar



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# News From the Office

Coming Soon

Rooftop Patio open daily 9:00am-3:00pm

Enjoy a coffee, chat with friends or enjoy your lunch

Patio can be accessed from the GP room on the main floor

Not sure where to go, ask in the office

Coming Soon

Looking to work out independently or with a friend?

We will be setting up a mini gym with various equipment upstairs in the Gym.

Look out for flyers for more information and times

Welcome New Members

To date, we have welcomed 47 new members!

There are so many exciting things planned for the summer here at Syme, we hope you will join us.





## THANK YOU



There are many members whose contributions quietly help with the content of this newsletter and who are not seeking accolades. However, I owe them a debt of gratitude for always stepping forward. So, thank you very much for your assistance:

**John Nicolson** who always takes pictures when asked,  
**Judy and Nancy Uyeyama** who provide me with endless candid photos,

**Sabine Beblo** who faithfully reports what was said by most of our presenters,

**Emily Martin** who reports on all our Friday lunches,

**Lynda Cummings** who will be reporting Board news,

My anonymous **cover picture committee**,

**Kelly, Cleriese and Julie** for their unwavering support and assistance,

**Those who contribute** restaurant reviews and stand-alone articles and **everyone who sends** me jokes/cartoons/puns.

### Thank you so much

While we are mentioning some folks we should also give a huge shout out and thank you to **Shannon Corbett** our Food Bank volunteer.





**Sometimes when you cry  
nobody sees your tears...**

**Sometimes when you're  
hurt nobody sees your pain...**

**Sometimes when you're sad  
nobody sees your sorrow...**

**BUT FART JUST ONE TIME**

**"The right time to  
plan is right now."**

The sooner you plan your final  
arrangements, the more you can save.

**Get organized now:  
Call our French-speaking  
Planning Specialist,  
Sylvie Powell, or one of  
our Portuguese-speaking  
staff.**



**647-302-6373**  
**Ask about a FREE Planning Kit**

 **Lynett Funeral Home**  
by Arbor Memorial

3299 Dundas Street West, Toronto, ON  
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Arbor Memorial Inc.



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## SYME55+ CENTRE

### BOARD OF DIRECTORS

President-Geoff



Vice President-John



Treasurer-Ray



Secretary-Lynda



Director-John 'Kiwi'



Director-Emily



Director-Joyce



Director-Marlene



Director- Wieslawa



Director—Ilona





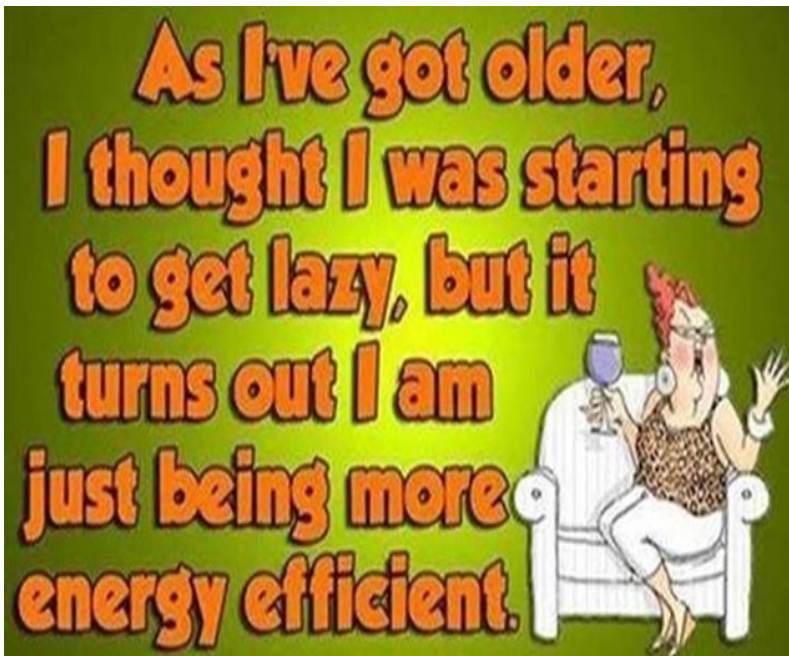
Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

A. All were invented by women.



Q.. If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?

A. One thousand



Sometimes, not saying anything is the best answer. You see, silence can never be misquoted.

$$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$$



## Motown Mania presented by Jay Vazquez and his band at the Old Mill Inn on April 22, 2023

We had 8 Syme 55+ members at our table which was front and centre to the stage and dance floor. 4 other members were able to purchase tickets directly from the Old Mill, however, they were seated in different sections of the dinning room. The service and food were excellent, with a menu offering a wide selection of Appetizers and Entrees.

The evening was filled with high energy music and had everyone up dancing and singing to some of our favorite songs from the 50s, 60s and 70s. Hits by Diana Ross and The Supremes, Smokey Robinson, James Brown, The Commodores, The Temptations, and Marvin Gaye to name just a few!

Thanks to the Travel Committee for putting together this great event. The Old Mill Inn is certainly a venue that I will continue to enjoy in the future.

Submitted by Lea Jankowski



## YORK SOUTH—WESTON COUNCILLOR FRANCES NUNZIATA

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!



✉ [councillor\\_nunziata@toronto.ca](mailto:councillor_nunziata@toronto.ca)

🐦 @FrancesNunziata 📘 @Frances.Nunziata.Ward5

### COMMUNITY OFFICE

2221 Keele St, Unit 102  
416-338-0220

### CITY HALL OFFICE

100 Queen St W, Suite C49  
416-392-4091

Sign up for eNews and COVID-19 updates at  
[www.councillornunziata.com](http://www.councillornunziata.com)

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ALL WORK GUARANTEED

Seniors Discount Offered

**CALL : GREG LANE**



# COMING SOON

DETAILS HAVE YET TO BE COMPLETED

WATCH FOR EVENT NOTICES FROM SYME55+CENTRE

HERE IS WHAT WE ARE WORKING ON



A Sunday Drag Brunch at LULAs

4-Day Agawa Canyon Tour with  
Year Round Travel



Legislative  
Assembly  
of Ontario



Assemblée  
législative  
de l'Ontario

Afternoon Tea and Tour

Fri 13 Oct 2023

at 02:00 PM

A Tour of the Etobicoke Murals

And so much more.



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## Friday Congregate Dining program

These lunches feature delicious meals followed by social events, informative demonstrations and presentations by various community professionals.

Mar 31<sup>st</sup> - All enjoyed chicken cacciatore and pasta, followed by yummy individual cheesecakes. Two members from our local Police Department did a presentation on Senior safety and scams. A question-and-answer period followed.

Apr 7<sup>th</sup> - Good Friday closed.

Apr 14<sup>th</sup> - AGM. our annual general meeting was held with a very good attendance. Catered lunch was enjoyed by all.

Apr 21<sup>st</sup> - Delicious honey, garlic baked salmon, brussel sprouts and salad was followed by a lovely cake. Chris Allum of Ontario Securities Commission hosted a talk about Increasing your Financial Resilience.

Apr 28<sup>th</sup> - Baked pasta with garlic bread, followed by a lovely tiramisu desert. Gillian Graham gave a very formative and timely talk on Ticks and Lyme disease. Questions and answers followed.

May 5<sup>th</sup> - Cinco de Mayo Day was celebrated with fajitas, black bean and corn salad, followed by individual apple pies topped with ice cream. Carmela from Tina's talent Agency danced and gave us interesting information on the history of the day.

May 12<sup>th</sup> - Mother's Day Luncheon was beautifully set up with tiered trays on each table, tiny sandwiches on the bottom and the top tray filled various yummy desserts. Pots of tea were on each table with lovely cups and saucers. Kim Michele from Tina's Talent agency entertained us with her harp. Lovely music, hope to see her here again.

May 19<sup>th</sup> - Quiche and salad, dessert was cinnamon cake with caramel sauce and ice cream. A Meet and Great with the Board Members speaking about the board, questions were invited from the members and some good points were brought up. It is an enlighting experience sitting on the Board and a privilege to be able to speak about new ideas.

May 26<sup>th</sup> - Delicious butter chicken and rice was followed by a strawberry tart. A library representative discussed the many opportunities that the library has to offer, followed a lively game of Snap Circuit.

Jun 2<sup>nd</sup> - Shepherds' Pie followed by a chocolate chip square for dessert. A representative from Service Canada gave a talk on the many government services and benefits provided.

Jun 9<sup>th</sup> - Teriyaki chicken and Lo Mein Noodles, followed by delicious almond cookies. Gwenda Lambert gave a presentation on Grief, what it is, myths and supports offered.

Jun 16<sup>th</sup> - Father's Day was celebrated with delicious spareribs, corn bread and coleslaw, followed by a large slice of walnut cake. A Barbershop Quartet, from The Dukes of Harmony, provided very great entertainment of 4-part A cappella harmony.

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



Syme 55+ Seniors' Centre

# Ice Cream Event

You are invited to join us  
for our annual ice cream truck event

Generously sponsored by:

**ARBOR MEMORIAL  
LYNETT FUNERAL HOME**

**Friday, July 21st, 2023**

12:00 pm -2:00 pm

\$12.00/member

**Lunch includes Hamburger, Cucumber & Feta Salad,  
Drink and Ice Cream**

**Spots will be limited so do not wait to purchase tickets**



**Arbor**  
Memorial

*Syme***55+**  
CENTRE



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## FINANCIAL WELLNESS PRESENTATION APRIL 21, 2023

by Chris Allum, Ontario Securities Commission

### What is the Ontario Securities Commission?

It is an independent agency of the Government of Ontario that is responsible for regulating Ontario's capital markets and provides protection to investors from unfair, improper or fraudulent practices.

It recommends for you to check registration of any person or business (including in major banks) trying to sell you an investment or giving you investment advice.

To check registration, simply visit the following website: [CheckBeforeYouInvest.ca](https://www.checkbeforeyouinvest.ca) or phone the following number: 1-877-785-1555.

State the investment advisor's name and the Ontario Securities Commission will tell you whether that person is registered to sell the type of investment they are offering to you and whether there has been disciplinary action in the past against that person. This is very important for you to find out.

The Ontario Securities Commission also gives unbiased financial information to help you make informed financial decisions.

Visit the following website: [GetSmarterAboutMoney.ca](https://www.getsmarteraboutmoney.ca)

### Financial Wellness:

It is important to effectively manage one's economic life, to be able to cover unexpected expenses, and to be aware of one's state of financial well-being in the present and in the future.

### Canadians and Money:

- 3/4 of Canadians are stressed about money
- 26% of Canadians are unable to cover an unexpected expense of \$500
- the average monthly credit card debt is \$2,447

### Financial Decision-Making Influences:

- individual life experience/background/culture
- our priorities
- how we handle situations
- behavioural biases:
  - we don't treat all money the same, i.e. if we win money, we treat it differently
  - we want to preserve the status quo, i.e. we need a strong incentive to change our behaviour towards money
- we tend to be overconfident and optimistic

### Road Map to Financial Wellness:

- set financial goals
- budget for regular monthly expenses and include savings for unexpected expenses (i.e. have an emergency fund) and savings for your goals (see below)  
(choose your preferred budget method: spreadsheet, online tool, written list)
- reduce/eliminate debt
- save for your financial future



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Tips to define financial goals:

- write down your goals (e.g. new furnace or college fund for the grandchild)
- be specific and realistic
- rank your goals in order of importance
- revisit your list of goals annually

Tips to deal with inflation:

- be flexible/adapt
- take advantage of sales/discounts/rewards programs
- have a plan before you shop (make a list)
- try to negotiate the price if possible
- avoid paying with your credit card unless you know you can pay off your bill at the end of the month

Tips to manage debt:

- list all debt (amount you owe, minimum monthly payment, interest rate)
- set a realistic time frame in which to pay it off
- pay the debt with the highest interest rate off first

Tips to manage market volatility:

- review your investment plan and time horizon
- keep it if your financial situation has not changed, otherwise make adjustments to your market portfolio
- spread out your risk by making regular investments (dollar-cost averaging)
- buy dependable investments at a good price (be informed about the company you are investing in)
- speak with a registered financial representative

Ontario Securities Commission, 20 Queen Street West, 22nd Floor, Toronto, Ontario, M5H 3S8

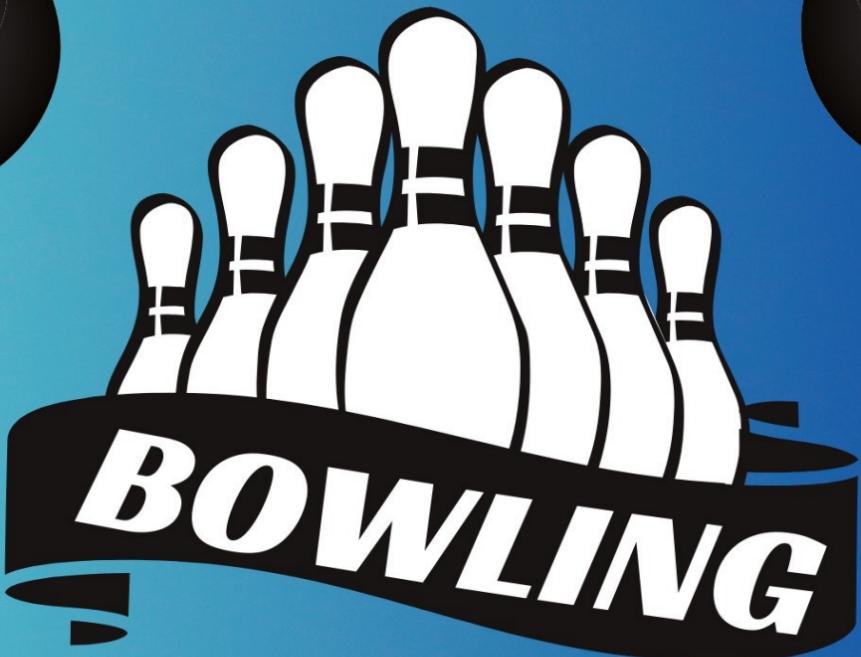
Tel.No.: 1-877-785-1555

Email Inquiries: [inquiries@osc.gov.on.ca](mailto:inquiries@osc.gov.on.ca) (can answer in 200 languages and will respond within 5 business days)

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

**I've found marriage to be very educational. For example, I had no idea there was a wrong way to put milk in the fridge.**

The Institute of Unfinished Research has concluded that 6 out of 10 people



**BOWLING**

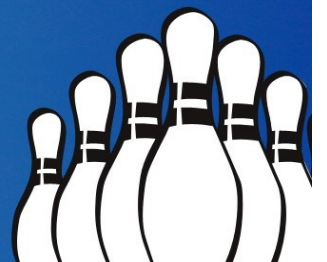
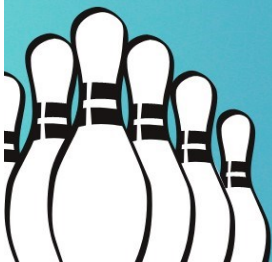
WITH SYME 55+

Show off your skills  
on the lanes and  
enjoy fun company  
and good food.

Friday, July 28th, 2023

\$35.00/member  
includes: Shoe rental, 3  
games, burger with fries  
and drink

Registration is required - Payment is required in advance  
Must meet at 115 Rexdale Blvd  
12:00 pm - 2:00 pm





## The Three Pines Tour

Many Syme members who enjoy books by Louise Penny joined together for a tour of the Eastern Townships to follow the footsteps of the imaginary Gamache, Chief Inspector of the Quebec Surete.

East of Brockville, on the way to Quebec, we stopped for a picnic at a lovely garden overlooking the St. Lawrence River. From there we continued on towards our 4-star hotel in Bromont. The next day we visited the Victorian village of Knowlton- the direct inspiration for Penny's fictional village of 'Three Pines'. Other places of interest that we visited were the Lac-Brome Historical Museum, the welcoming Lac-Brome bookstore, chocolatier Belge Muriel, Sara's Boulangerie and the interesting Sureau Elderberry Farm. On day three we visited the quaint general store in Georgeville, St. Georges charming old church as well as the old mansion house (Hadley House) followed by a lovely high tea at Uplands Cultural Centre. On our last day we visited the Abbaye de Saint-Benoit-de-Lac where we enjoyed solemn Gregorian chants. Included in our trip was a visit to a most interesting organic farm. The process from cattle raising, to hay storage and finally the manufacturing of cheese was fascinating.

The tour was comprised of a friendly group of people who shared a common interest in crime stories. We had good weather for most of our trip but the rain as well as the smoke from many forest fires came on the last day. We enjoyed a 'Fun Tour' organized by Margaret Dailey-Plouffe of HNA Travel.





**Not to brag, but I just  
went into the other  
room and actually  
remembered why I  
went in there!**

**It was the bathroom,  
but still...**



Did you know?

The ten most valuable brand names on earth: Apple, Coca Cola, Google, IBM, Microsoft, GE, McDonalds, Samsung, Intel, and Toyota, in that order



## Lambton House

Lambton House, located at 4066 Old Dundas Street, is an historic former inn. On the first Friday from September to June they hold a free Pub Night with entertainment by local musicians. Admission is free and doors open at 6:30 pm. There are many maps, photos, etc. to browse while waiting for the entertainment to begin at 8 pm.

You can buy delicious hot roast beef sandwiches, beverages and snacks and enjoy the music and conversation in pleasant surroundings.

There is a handicapped washroom on the main floor and full washrooms on the second floor. The Warren Park bus, running out of Jane Subway Station, stops at the door. There is also street parking.



Submitted by Arlene Smetaniuk

## Our Provincial Flower

Why you should never, pick a trillium. The "why" behind that rule, which we are sharing because it's just really lovely and amazing.

1. It can take 7-12 years after germination for a trillium to flower.
2. Each flower yields only ONE seed pod each year.
3. Each plant can live up to 25 years, and gains all of its nourishment for the remainder of the year during the spring when its leaves are present.
4. Trillium are propagated by ANTS. Not bees, the wind, or birds. The seeds are covered by a sweet coating which entices the ants to carry seeds underground into their colonies. After eating the coating, the seed germinates in the perfect subterranean environment.

Every trillium in the forest is essentially a little miracle.

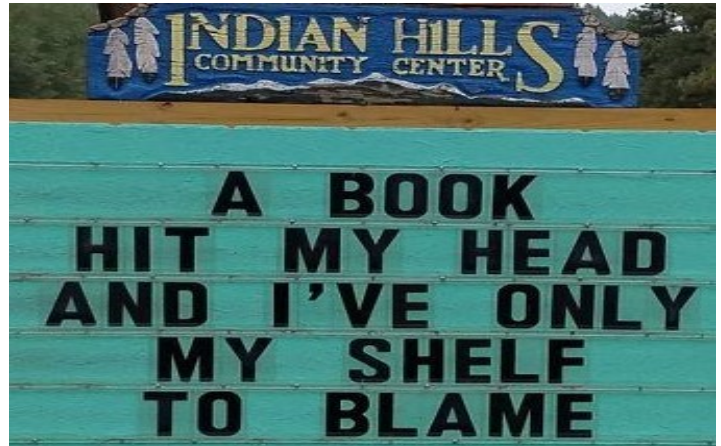
These are delicate, so best not to disturb them wherever they are. Miracles are just wonderful right where nature put them, let's enjoy, without destroying them.



Now that I have lived through a plague, I totally understand why Italian renaissance paintings are full of fat people lying on couches.



**When I was young,  
I was a poor golfer.  
But after years of play  
and practice,  
I am no longer young.**



## SCIENCE CATCHES UP

SUBMITTED BY YVON MENARD

THE BRAIN OF AN ELDERLY PERSON.

The director of the George Washington University College of Medicine argues that the brain of an elderly person is much more plastic than is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it wins in flexibility. That is why, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs at about 70 years old, when the brain begins to work at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities are increased by 300% compared to the average.

And the peak of active production of this substance falls on 60-80 years of age. Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri from the University of Montreal believes that the brain of an elderly person chooses the least energy-intensive path, cutting unnecessary and leaving only the right options for solving the problem. A study was conducted in which different age groups took part. Young people were confused a lot when passing the tests, while those over 60 made the right decisions.

Now let's look at the features of the brain at the age of 60-80. They are really rosy.



Continued from previous page

### FEATURES OF THE BRAIN OF AN ELDERLY PERSON.

1. The neurons of the brain do not die off, as everyone around them says. Connections between them simply disappear if a person does not engage in mental work.
2. Absent-mindedness and forgetfulness appear due to an overabundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.
3. Beginning at the age of 60, a person, when making decisions, uses not one hemisphere at the same time, like young people, but both.
4. Conclusion: if a person leads a healthy lifestyle, moves, has a feasible physical activity and has full mental activity, intellectual abilities DO NOT decrease with age, but only GROW, reaching a peak by the age of 80-90 years.

So don't be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet and communicate with friends, make plans for the future, travel as best you can. Don't forget to go to shops, cafes, concerts. Do not lock yourself alone - it is destructive for any person. Live with the thought: all the good things are still ahead of me!

A large study in the United States found that:

The most productive age of a person is from 60 to 70 years;

The 2nd most productive human stage is the age from 70 to 80 years old;

3rd most productive stage - 50 and 60 years old.

Before that, the person has not yet reached his peak.

The average age of the Nobel Prize laureates is 62;

The average age of the presidents of the 100 largest companies in the world is 63 years;

The average age of pastors in the 100 largest churches in the United States is 71;

The average age of dads is 76 years.

This confirms that a person's best and most productive years are between 60 and 80 years of age.

This study was published by a team of doctors and psychologists in the NEW ENGLAND JOURNAL OF MEDICINE.

They found that at 60 you reach the peak of your emotional and mental potential, and this continues until you are 80.

Therefore, if you are 60, 70 or 80 years old, you are at the best level of your life.

\* SOURCE: New England Journal of Medicine \*.

**Golf is a game invented by the same people who think music comes out of bagpipes.**

**Author Unknown**



# The Many Faces of Syme







Please say "Hello" to our NEW MEMBERS.

We are so glad you have decided to join us at Syme55+ Centre.  
We look forward to seeing you at a class or a lunch or on a one-day outing or a multi-day excursion. Join a committee if that is something in which you are interested.

Farisha Mohammed  
Ken Guspie  
Linda Meissenheimer  
Alda Aurora  
Jerry Pastuch  
Cornelia Whittaker  
Gina Andrews  
Natalie Salvi  
Oscar Pauchulo.

Anna Fahey  
Don Muir  
Kathryn Slade  
Susan Gerus  
Bassil Elias  
Fareed Omardeen  
Glen Warnock  
Roger Excoffon

Mary Peters  
Anne Roach  
Joan Carrington  
Vicky Pastuch  
Lorraine Settle  
Norma Graham  
Gail Warnock  
Leslie Nelson

REMEMBER THERE ARE NO STRAANGERS HERE,  
ONLY FRIENDS YOU HAVE NOT MET.



## 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. Only one form of a verb can be used. 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 CREATURE: meaning—Anything created; anything not self-existent; especially any being created with life; an animal; a man. .

The average mark is 30 words in 60 minutes. Can you find 57 or more words?

(The results can be found elsewhere in this newsletter)



## Hon. Ahmed Hussen

### MP for York South—Weston

**Contact our office for assistance relating:**

- Canada Pension Plan
- Guaranteed Income Supplement
- Employment Insurance
- Canada Recovery Benefit
- Citizenship and Immigration
- Passport Canada
- Veteran Affairs
- Canada Child Benefit
- Old Age Security
- NSLSC

### Follow Us

 @HonAhmedHussen  
 @HonAhmedDHussen  
 /HonAhmedHussen

### CONTACT

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



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## LYME DISEASE

PRESENTATION ON FRIDAY, APRIL 28, 2023, BY GILLIAN GRAHAM

What is Lyme disease?

It is an illness that can make you feel like you have the flu. It can also cause a rash or fever, as well as joint, nerve or heart problems if left untreated.

It is now becoming the most common tick-borne illness in Canada. It is a serious but preventable microbial health threat.

What is the origin of Lyme disease?

Lyme disease has been around for 60,000 years in North America. In the 1970's, a group of people living in Lyme, Connecticut became unwell with an unknown disease.

Changes in the forest and an increase in the deer population created the perfect conditions for an increase in ticks. Lyme has now become an epidemic.

What causes Lyme disease?

It is caused by a bacteria transferred onto the skin by the bite of an infected tick (a very tiny insect found in the outdoors, the size of a poppy seed i.e., hardly visible to the human eye). Hundreds of thousands of people in Canada and the U.S. get sick with Lyme disease every year. A short course of antibiotics makes most people better.

How is Lyme Disease Spread?

It is spread by two types of ticks found in Canada:

- 1) the black-legged tick (also called deer tick) found in south-eastern and south-central parts of Canada; and
- 2) the Western black-legged tick found in British Columbia.

Black-legged ticks are found in wooded areas, tall grasses, shrubs or a pile of leaves. They may be found in Ontario, especially in the five eastern counties.

Examples of a tick bite are the following:

- 1) early expanding erythema migrans with nodule;
- 2) circular, expanding rash with target-like appearance;
- 3) expanding lesion without central clearing on back of knee;
- 4) circular, expanding rash with central clearing; and
- 5) expanding lesion with central crust on chest.

(continued on next page)



## Lyme Disease

(continued from previous page)

How can you protect yourself from ticks?

To protect yourself before going into the outdoors:

- 1) wear light-colored long-sleeved clothing that covers your whole body, including the neck area, and wear a hat and closed shoes;
- 2) you can spray yourself with DEET (a registered active ingredient that has been approved by Health Canada for use on children and adults); or
- 3) you can spray yourself with Great Outdoors 20% Icaridin Pump Spray, 200 ml, No.6004-931, \$15.95, which is a Pactive Insect Repellent, it:
  - contains 20% Icaridin, but 0% DEET, i.e. a better choice
  - non-irritating, non-greasy, non-allergenic
  - provides 12 hours protection from ticks and mosquitoes and 10 hours protection from black flies
  - suited to children from 6 months up
  - bottle design includes a compass, whistle, and carabiner loop.

If you have been outdoors:

- 1) shower within 2 hours to remove any ticks from your skin;
- 2) if you develop symptoms in the following days, you may have been bitten by a tick, so see your doctor right away for proper treatment.

For more information about Lyme disease visit the following website: [canada.ca/lymedisease](https://canada.ca/lymedisease)

This report has been compiled by Sabine Beblo, Volunteer Reporter with the Syme 55+ Seniors' Centre.

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Editor's Note: Subsequent to the presentation on Lyme Disease Gillian forwarded these 2 web sites;  
<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/lyme-disease/> and  
<https://www.publichealthontario.ca/en/laboratory-services/test-information-index/lyme-disease-serology> as well as the following information.



Lyme Disease In Ontario, the blacklegged tick is the only type of tick that can transmit the bacteria that causes Lyme Disease. Tick populations are expanding in Canada. Blacklegged ticks have been found in Toronto, and are established here. All of Toronto is considered an Estimated Risk Area according to Public Health Ontario's (PHO): Ontario Lyme Disease Map 2022. Estimated risk [...][www.toronto.ca](https://www.toronto.ca)



## Join Us For A Presentation

### Get Right Physio

With Claudia Ehamparam  
MScPT CACFI C/NDT,  
registered physiotherapist  
& owner.

- ✓ What is physiotherapy?
- ✓ Why it is recommended

**Friday July 14th, 2023**

**12:00 pm - 2:00 pm**

**\$6.00/member**





## PIANO LESSONS FOR SENIORS STARTING SEPTEMBER 2023

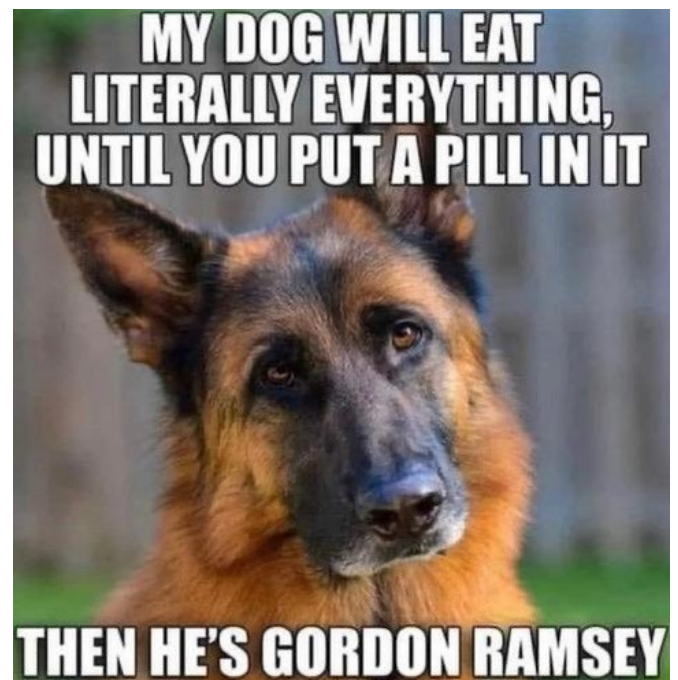
(Must be Syme 55+ Centre members)

by Sabine Beblo, 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 fee of \$20 per lesson. 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](mailto:sabinebeblo@gmail.com) for further information.





## Welcome to Summer 2023

Thank-you to those who completed the membership survey, we had over 70 responses.

Over 72% of members heard about us either through a friend or current Syme member.

### Top 3 reasons for coming back

- Socialization with peers

- Fitness & Exercise

- Helpful & knowledgeable staff

### Goals for the next three years

- Grow membership

- Extend hours

- Evening activities

- Younger seniors

### What can we do better?

- Cleanliness of building

# Thanks !!



# Thanks Delta Bingo



A big thank you to all of our volunteers who represent Syme 55+ at Delta Bingo.

Pictured: Geoff T., Renata P, Bob W, Donna T, Wieslawa B, Jeanetta I, Ena B.

Not Pictured: Anne W., Susan H.

In exchange for volunteering, Syme 55+ receives a percentage of the proceeds from each session we attend. This support goes directly into supporting the daily operations of the Centre and is key to our success.





# Thanks to all the knitters!

Looking for something to do this summer?

Stop by the office for a pattern.

We continue to collect vests/baby items





## Rooftop Patio Opening Soon.....

Open Daily 9:00am-3:00pm

Enjoy a coffee, chat with friends or play a game



**IMPORTANT**  
Please do not  
move or adjust  
the  
umbrella. It is  
beautiful but  
very heavy.



---

# CONGRATULATIONS

to our

## 50/50 WINNERS

### JOHN N.

who won

## \$180.00

at our Mother's Day lunch on May 12<sup>th</sup>  
and

### GEOFF. T.

who won

## \$115.00

at our Father's Day lunch on June 16th



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## You Have Got to Eat Here

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: 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 Julie - **Pegrolls**, conveniently located at 558 Jane Street, across the street from Runnymede Collegiate school. 647-542-7655, hours Tues-Sat.11AM-5PM, Takeout/Delivery

*"Pegrolls are the first of their kind—a perogie/spring roll hybrid created by a Toronto mom with Ukrainian heritage. Handmade and deep fried to perfection with a crisp golden finish."* Delicious! I wish that I had tried these 6 or so months back when the girls and I discovered the location. 12 pegrolls, a drink and a dipping sauce for \$8.99. There are 4 kinds of pegrolls, all just as delicious as the other. Mushroom, Jalapeno (spicy), Cheese and Bacon. I had a mixture and loved them all dipped in sour cream (there is a spicy sour cream for those that like it spicy). Definitely worth a visit.

From Marlene - **La Cubana**, 2 locations: 92 Ossington Ave 416-537-0134, open daily, and 392 Roncesvalles Ave 416-538-7500, open Tues-Sat. Both are open from noon. Street parking only. Go here for Cuban comfort food. We went to the Ossington venue. Excellent soup, salads, sandwiches (tender and juicy) and seafood fritters; vegetarian; Cuban beer; happy staff. Servings were ample. It was very busy while we were there late on a Friday night. The washrooms are downstairs. For more information visit [www.lacubana.ca](http://www.lacubana.ca)

From Marion - **Tom's Dairy Freeze**, 630 The Queensway, 416-259-1846, open daily 10AM-11PM, parking on site and on the street.

While burgers, chicken and steak are advertised, I have only bought the ice cream in cones, milkshakes, sundaes or banana splits. The site has been operated by the same family since 1969. They serve authentic soft serve and hard ice cream in many assorted flavours, old fashioned sundaes, milkshakes and banana splits. There are picnic tables under umbrellas at which to sit. This is a most wondrous place although the seating really is in a parking lot. The ice cream is marvellous and creamy, the lineups can be quite long, but don't be discouraged. It is worth the wait.

From Donna - **O. Noir Toronto**, 620 Church St. (at Charles St.), 416-922-6647, open daily from 6:30, washrooms are on the same floor. There are approx. 20 stairs down to enter the restaurant, parking is terrible. Reservations recommended. Their website is [onoirtoronto.com](http://onoirtoronto.com) Diners, whose food and drink orders are taken in the lit lounge, are then led into the dark dining room. For a brief time, we experienced what it is like to be blind. The 3-course meal consists of an appetizer, a main and a desert for \$48.00. Some in our group had delicious steak which had been cut for them, I had shrimp risotto which was done perfectly. Another group dined in the same room and it became difficult to hear one another. In spite of this, we would all return.



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

**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.

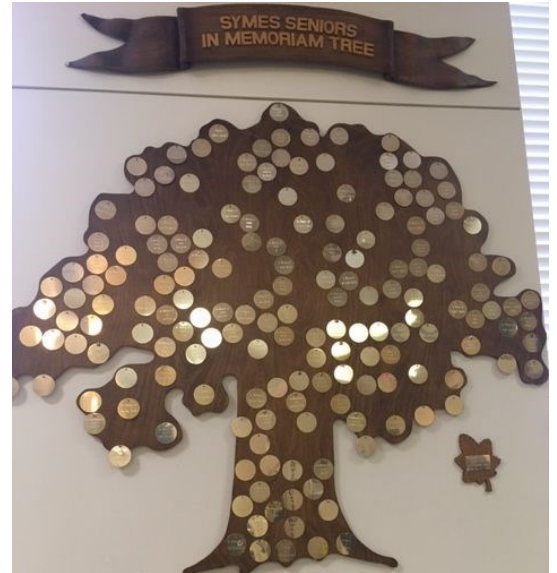


## In Memoriam Tree

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 196 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.



Following are some interesting web sites which publish daily online newsletters:

WebMD is an American corporation known primarily as an online publisher of news and information pertaining to human health and well-being. The site includes information pertaining to drugs. It is one of the top healthcare websites. (Edited from Wikipedia)

Smithsonian Magazine is a science and nature magazine, and the official journal published by the Smithsonian Institution in Washington DC. This institution is a museum, education and research complex of 19 museums and the National Zoological Park as well as research facilities.

Examine.com is a Canadian company that runs an online encyclopedia covering health, nutrition and supplementation. The website collates scientific research using evidence-based practice methodology. Examine.com is led by Kamal Patel, and includes scientists, editors and peer reviewers.

Or for those of you who cook here is a site you may not have thought to consider for unique recipe ideas: [www.capecodchips.com](http://www.capecodchips.com).



**DID YOU KNOW?**

**BANANA IS A HAPPY FRUIT. EATING JUST ONE CAN HELP YOU RELIEVE IRRITABLE EMOTIONS, ANGER OR DEPRESSION.**



**DID YOU KNOW?**

**YOU CAN SURVIVE ENTIRELY ON A DIET OF POTATOES AND BUTTER, WHICH PROVIDE ALL THE NECESSARY NUTRIENTS THE HUMAN BODY NEEDS.**

The older I get, the more clearly I remember things that never happened. - Mark Twain

Question: Why don't retirees mind being called Seniors?  
Answer: The term comes with a 10% discount.



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



CRITERIA

Canada, 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](mailto:flexible@bell.net)

no later than

September 1, 2022

The contest winner will  
receive a gift card



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## Humber Lakeshore Tunnel Tour

On June 22, 2023, 22 members of Syme Travel Group made their way to view the Tunnels at Humber College and learn the history of the former Lakeshore Psychiatric Hospital as we explore the patient-built underground tunnels. The 2-hour tour presents an overview of the 89 years of the Hospital's history, acknowledges the varied experiences of patients that built the tunnels, and major treatment changes.



The male patients did the construction jobs building the tunnels and the women were assigned to housekeeping duties cooking, laundry, scrubbing floors, etc. We saw a portion of the older tunnels that they have kept and the newly constructed tunnels which are now used for foot travel from building to building. The patients that were housed in the hospital were not all mentally challenged but were sent to the hospital due to a lack of family care and behavioral problems. The red brick buildings that are still standing were all part of the hospital and are now used for school and Humber College studies.

-Submitted by Joyce Woronchak

## Other Travel News

The Committee had been advocating for a long time to offer Syme members the option to pay by credit card/debit card. After much investigation, the Board approved the initiative. It has been successful but there is an additional cost. With that in mind, future excursions will include an amount for cash/debit payments and an amount for credit card payments. The credit card amount will reflect the % for the use of the payment plan. We encourage members to consider paying by cash or cheque.



# Agawa Canyon

October 1 to 4, 2023



Join us on this four day colour tour to Northern Ontario and the Agawa Canyon. We view the spectacular fall colours, as they can only be seen by taking an incredible journey on the Algoma Central Railway through Agawa Canyon. Chugging up into the hills we look down on the Algoma Steel Mill, International Bridge and Upper St. Mary's River. Through the Bellevue Valley and past Searchmount, we continue to Lake Achigan. After crossing the Batchawana River, we reach the mighty Montreal River, which we cross via a trestle.....a thrill you will long remember as the rugged beauty unfolds before us! Passing Lake Superior, the train starts its descent to reach the floor of the famous Canyon. After stopping at the Canyon Park, where we have lunch and time to explore, it's time to return and start our journey back to Sault Ste. Marie.

## TOUR INCLUSIONS

- \* Home pickup/drop off (Metro Toronto)
- \* Return transportation via highway coach
- \* 2 nights accommodation in Sault Ste. Marie
- \* 1 night accommodation in Sudbury
- \* 3 breakfasts
- \* 1 lunch
- \* 2 dinners
- \* Visit to the Bushplane Heritage Centre
- \* Picture stop at Big Nickel Mine
- \* Agawa Canyon Train Excursion
- \* Chi Cheemaun Ferry Ride
- \* Optional casino visit
- \* Baggage handling
- \* All taxes and service charges
- \* All gratuities on included meals
- \* Tour escort

Price per person in Canadian Dollars

**TWIN \$1239.00      SINGLE \$1569.00**

\$200.00 deposit due upon booking.  
Balance due 60 days prior to departure.

To book contact Year Round Travel at 416-499-1444

Additional questions: call Julie Tye at 416-766-0388



Courtesy of Ontario Tourism

**Optional Cancellation Insurance  
\$87.00 per person**



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: [yearroundtravel@on.aibn.com](mailto:yearroundtravel@on.aibn.com)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)



Falls don't have to be a fact of life exercising can make you stronger and fitter. You don't need fancy equipment, just pull up a chair. The following are from Lifeline's web page.

## 14 Exercises for Seniors to Improve Strength and Balance



### Exercise 1: **Single Limb Stance**

It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.



### Exercise 2: **Walking Heel to Toe**

You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling.

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.



### Exercise 3: **Rock the Boat**

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.



### Exercise 4: **Clock Reach**

You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.



### Exercise 5: **Back Leg Raises**

This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.



### Exercise 6: **Single Limb Stance with Arm**

This balance exercise for seniors improves your physical coordination.

Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.



### Exercise 7: **Side Leg Raise**

You'll need a chair for this exercise to improve balance.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise 10 to 15 times per leg.



### Exercise 8: **Balancing Wand**

This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.



### Exercise 9: **Wall Pushups**

As long as you've got a wall, you can do this strength training exercise for seniors.

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.



### Exercise 10: **Marching in Place**

Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.



### Exercise 11: **Toe Lifts**

This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



### Exercise 12: **Shoulder Rolls**

This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.



### Exercise 13: **Hand and Finger Exercises**

The following are exercises to improve flexibility. You don't need to stand for these.

In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm



### Exercise 14: **Calf Stretches**

These strength training exercises for seniors can be performed sitting or standing.

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.



**The best reminder  
of why you live  
in Canada  
is watching  
American politics.**

Did you know?

The Amazon River pushes so much water into the Atlantic Ocean that, more than one hundred miles at sea off the mouth of the river, one can dip fresh water out of the ocean. The volume of water in the Amazon river is greater than the next eight largest rivers in the world combined and three times the flow of all rivers in the United States.



## 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](mailto:flexible@bell.net)





## Word Fun- Creature

(Directions appear elsewhere in the newsletter)

|        |        |         |       |         |        |        |         |
|--------|--------|---------|-------|---------|--------|--------|---------|
| acre   | acute  | arete   | care  | career  | caret  | carr   | cart    |
| carte  | carter | cate    | cater | caterer | cere   | cerate | certe   |
| crate  | crater | create  | cruet | crura   | curare | curate | cure    |
| curer  | curet  | curr    | curt  | curter  | cute   | cuter  | eater   |
| ecarte | ecru   | erect   | eruct | race    | racer  | rare   | rate    |
| react  | rear   | recrate | recur | recut   | recta  | retear | retrace |
| ruer   | tace   | tare    | tarre | tear    | terce  | terra  | terrace |
| terrae | trace  | tracer  | tree  | truce   | true   | truer  | urare   |
| urate  | urea   | ureter  |       |         |        |        |         |

Some of my friends exercise every day. Meanwhile I am watching a show I don't like because the remote fell on the floor.

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot

Is it ignorance or apathy that's destroying the world today?  
I don't know and don't really care



| Classes                                | Description   |
|--|---|
| <b>Low Intensity</b>                   |   |
| <b>Tai Chi Intro</b>                   | Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.   |
| <b>Computer Class</b>                  | Instructional course on basics of computers/tablets.  |
| <b>Medium Intensity</b>                |   |
| <b>Osteo Keep Fit</b>                  | A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accommodate seated exercise.  |
| <b>Pilates</b>                         | A series of core, back, leg and arm exercises at moderate to advanced intensity.  |
| <b>Co-Ed Fitness</b>                   | Moderate level seated, standing and walking exercises with weight options.  |
| <b>Line Dancing</b>                    | Learn great choreographed dance moves to popular music.   |
| <b>Yoga</b>                            | Medium intensity stretch, breathe, strength and balance to facilitate an integration of body, mind and spirit.  |
| <b>Posture, Balance &amp; Strength</b> | 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. |
| <b>High Intensity</b>                  |   |
| <b>Cardio Boost</b>                    | High energy aerobics class. Power walking, aerobic dance and interval training.   |
| <b>Drum Fitness</b>                    | 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.  |
| <b>Flex-N-Stretch</b>                  | Class consists of a routine that increases flexibility and joint mobility through stretching exercises.   |
| Clubs                                  | Description   |
| <b>Timely Topics</b>                   | Weekly speakers and lively discussion.  |
| <b>Tai Chi Fan</b>                     | Form of Tai Chi using fans. Takes focus, balance, poise and awareness to be an effective tool in self defense. Instruction provided.  |
| <b>Knitters Club</b>                   | 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.   |
| <b>Games</b>                           | <b>Pay as you Play = P.A.Y.P. \$2.00</b>  |
| <b>Bridge</b>                          | Enjoy a game of Bridge.   |
| <b>Scrabble</b>                        | Come hang out and play a friendly game of Scrabble.   |
| <b>Ping Pong</b>                       | A great game of hand eye coordination, played with 2 or 4 players.  |
| <b>Euchre</b>                          | Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.  |
| <b>Mah Jong</b>                        | A game of skill, strategy, and calculation, is played with a set of 144 tiles.  |



## PLEASE PRINT INFORMATION- THANK YOU (IN PERSON ONLY)

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ TAG #: X \_\_\_\_\_ (All Digits)

## SYME SUMMER 2023 CLASS REGISTRATION FORM

Session Date: Monday, July 10<sup>th</sup> - Friday, September 8<sup>th</sup>, 2023  
(No Classes Monday, August 7<sup>th</sup> & Monday, September 4<sup>th</sup>, 2023)

## PLEASE REGISTER FOR ALL PROGRAMS YOU MAY BE ATTENDING INCLUDING GAMES AND CLUBS

|                  | CLASS  | LOCATION        | START TIME | END TIME | PRICE    | SELECTION |
|------------------|--|-----------------|------------|----------|----------|-----------|
| <b>MONDAY</b>    | Centre Closed: Monday, August 7 <sup>th</sup> & Monday September 4 <sup>th</sup> , 2023 There Will Be No Classes |                 |            |          |          |           |
| 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 |           |
| Games            | Ping Pong  | Gym             | 1:00 PM    | 2:00 PM  | P.A.Y.P  |           |
| <b>TUESDAY</b>   |  |                 |            |          |          |           |
| 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  |           |
| Karen F.         | 2B Line Dancing  | Gym             | 12:15 PM   | 1:15 PM  | \$ 33.00 |           |
| Karen F.         | 2C Drum Fitness  | Gym             | 1:30 PM    | 2:30 PM  | \$ 33.00 |           |
| <b>WEDNESDAY</b> |  |                 |            |          |          |           |
| 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     |           |
| <b>THURSDAY</b>  |  |                 |            |          |          |           |
| 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   | Church Hall     | 11:00 AM   | 12:30 PM | \$ 33.00 |           |
| Sheldon G.       | 4C Computer Class  | Church Hall     | 12:30 PM   | 2:00 PM  | \$ 33.00 |           |
| <b>FRIDAY</b>    |  |                 |            |          |          |           |
| 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  |           |

**PLEASE READ BEFORE REGISTERING**

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 reusable water bottles. **NO GLASS ALLOWED IN THE GYM.**
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 &amp; Club Total

2023 Membership

Donations

GRAND TOTAL

CASH ☐ CHEQUE ☐ DEBIT/CREDIT ☐

33 Pritchard Ave, Toronto, ON M6N 1T4  
Tel: (416) 766-0388  
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**P.A.Y.P = Pay As You Play ( \$2.00 fee per day)**



# “Everyone gets older, but you don’t have to get old.”

For Don, the key to aging well is being social and active. A Tapestry resident since 2021, Don appreciates living in a seniors’ community where he can remain connected and enjoy services to stay safe, supported and healthy. Why Tapestry?

- Enjoy a full-range of wellness and assisted living services
- Connect and gather in our comfortable amenity spaces
- Savour seasonal cuisine in Tapestry’s Restaurant and Pub
- Relax in your spacious suite with fully appointed kitchen



## Join us for a neighbourhood pole stroll!

Among Tapestry’s wellness offerings is urban poling, which provides significant health benefits. Join our “Urban Pole Walking Club” and enjoy an instructor-led tutorial, followed by a walk in our vibrant neighbourhood. Refreshments to follow.

**Dates:** Monday, June 12 and Tuesday, June 27, 2023 – 11 a.m.

**RSVP:** Lisa Holland at [LHolland@DiscoverTapestry.com](mailto:LHolland@DiscoverTapestry.com) or 416.777.2911

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CONCERT Properties - Tapestry

Syme 55+

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