

# A Syme of the Tymes

Volume 17 Issue 3

## IT IS AUTUMN!

*Syme*  
**55+**  
CENTRE



George S Syme Senior Centre of York  
33 Pritchard Avenue  
Toronto M6N 1T4

Phone: 416-766-0388  
Fax: 416 766-2882  
Web: [www.syme55.com](http://www.syme55.com)

Photo By Susan Roden  
Editor: [flexible@bell.net](mailto:flexible@bell.net)





Above: sign facing Pritchard Ave.

Below: sign facing parking lot







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### Syme55+ Centre Information

The Syme55+ Centre is a charitable, non-profit community based centre specializing in recreational activities, special interest clubs, daily lunches and community services for handicapped adults and adults 55 years of age and older.

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 8:00 am to 4:00 pm

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 Co-ordinator 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 upstairs in 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 Facilitator  
Snowlink Co-ordinator





## REGISTRATION FOR PROGRAMS

Next registration day is Monday, December 18, 2023. Please register on that date 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

Geoff 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





## NOTES FROM THE EDITOR'S DESK



I believe that while I was away for a week, my tenant exchanged 'Sweetie Pie.' for another one. This cat looks exactly like the original but when I sit down, she jumps on my lap, even though I do not have long pants on and then she snuggles down for a nap. Not only does she do that, but she lays down beside me on the bed, after the house is quiet. What has happened to the cat? I guess she missed me, maybe even appreciated me, who can tell! I will accept it as long as it lasts.

My sister returned from her annual 3-month vacation in the Netherlands. She was saying that there was no peanut butter in Holland, she will have to take some with her next year. I was reminded of the time I went to visit her in Bahrain and she wanted me to bring her Kraft Diner, which was not sold there. I dutifully filled my suitcase with boxes of KD. Unhappily, when I got to customs there and opened my suitcase one of the boxes had opened and out spilled the macaroni. Thank goodness my brother-in-law had managed to come into the customs area and he rescued me, minus a good bit of Kraft Dinner. I wonder if they are still finding kernels of it under the table in the customs area.

This has been a sad summer. My favourite dinner theatre, Herongate, has closed. Where will I go for Sunday brunch and a play? Additionally, The Grille on the Queensway has closed. They had the most wonderful ribs. Wallys Restaurant on Kipling at Rexdale had a fire last December and has not re-opened yet.

I was visiting my girlfriend for whom I cat sit during winter and spring. The cat appeared out of nowhere and was meowing at another friend. While I was at the other end of the house, I could see the cat. I called out 'Sweetie-pie'. She turned her head, saw me and came racing towards me, meowing the whole time. I was overjoyed to see that she remembered me. Even thinking about it now brings a smile to my face.

My sisters and I were at Casino Rama with my mother when one sister received a text from a friend of hers asking if she could look after her friend's dog. My sister was unable to do so; I volunteered. I spent the next few days wondering what I had got myself into. The dog sit has now ended and both the dog, a 12-year-old German Shepherd, and I have survived. We walked 3 times a day. In my opinion, it is much easier to be accompanied on a walk as opposed to walking by oneself. Look out Syme walking group as I may yet join you.

It will soon be 1 year since I got Shingles. I am going to get my Shingles shots, along with my flu shot and my next Covid booster shot. For me, the next couple of months will not be needle-free, however, If I remain healthy, being a pin cushion will be worthwhile. Now if only something could be done to prevent cold sores.





# Important Reminder

**Covid 19 cases are on the rise in Ontario  
We all need to work together to keep everyone  
healthy**

**Anyone presenting with symptoms of illness will be  
asked to leave the Centre.**

**If you become ill and test positive, please let us know.  
Your identity will be keep confidential.**

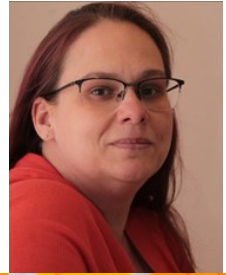
**Let's go back to basics  
Wash Your Hands  
Get Vaccinated**

**Protect yourself  
Protect  
*Others***





A Message From Our Executive Director—Kelly Montgomerie



## Welcome to Fall 2023

Fall is always an exciting time and this season is jam packed with new opportunities and the return of old friends.

Check out the class schedule for more information.

Staff have been busy behind the scenes putting together so many lunches and special events, as well as travel opportunities.

Please note the start times of your classes.  
Make sure to register for all activities well in advance

*Fall is in the air*



## New Members Are Joining

Louise Claude  
Lynn Middlebrook  
Debra Hogan  
Halena Gintere  
Vena Eaton  
Lynda McGregor  
Gloria Shelepinsky  
Peter Lowens

Heather Hawke  
Maria Garcia  
Penny Francis  
Joanne Dorais  
Lorrie McIntyre  
Bernice Perruzza  
Lucy Olivera  
Aurora Freeman

Bernice Jakymyc  
Beverley Weatherup  
Wayne Chislett  
Gail Pratley  
Pat Bilucaglia  
Catherine Lococo  
Ana Campos  
Lilian Pereira

Please welcome our new members.

We know you will meet new friends and enjoy all that Syme55+ Centre has to offer. Please join us at our Friday lunches. (Hint: You **MUST** register early.)







# OCTOBER 2023

## UPCOMING EVENTS

**Oct  
6**

### Thanksgiving Lunch – Lifelines Presentation

- Ham & all the fixings
- \$ FREE/member

**Oct  
13**

### Legislature Tour & Tea

- Offsite Event
- Registration Required

**Oct  
20**

### Wills & Estate Planning

- Chinese Food
- \$ 6.00/member

**Oct  
27**

### Halloween Lunch

- Lasagna with Garden Salad
- \$ 12.00/member

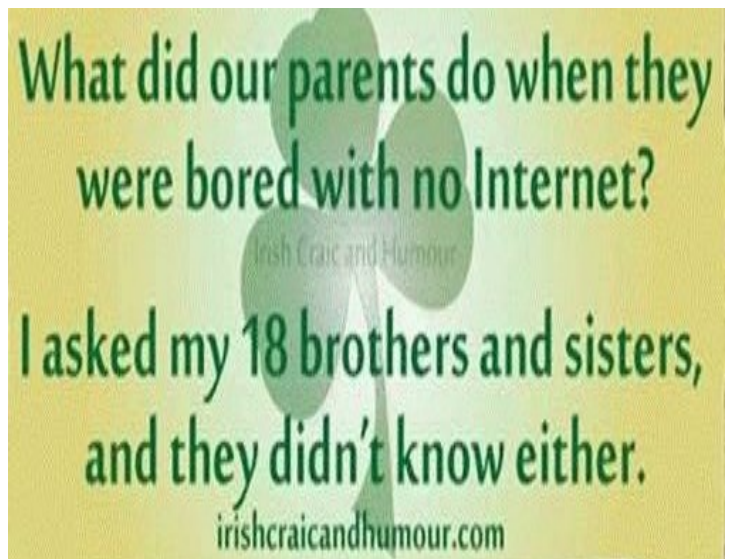


Events are from 12:00 pm – 2:00 pm.  
TICKETS WILL SELL OUT FAST





Antarctica is the only land on our planet that is not owned by any country. Ninety percent of the world's ice covers Antarctica. This ice also represents seventy percent of all the fresh water in the world. As strange as it sounds, however, Antarctica is essentially a desert; the average yearly total precipitation is about two inches. Although covered with ice (all but 0.4% of it, ice.), Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.







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PRESENTATION ON ORAL HYGIENE, FRIDAY, JUNE 30, 2023  
BY CAMILLE SAVORY, LICENSED MOBILE DENTAL HYGIENIST  
Nutrition and Oral Health for Seniors

"Your mouth is a window into the health of your body"  
"Mouth care is overlooked and undervalued"

Topics covered in this presentation:

- 1) Understanding the connection of oral health to overall health
- 2) Identifying the conditions you are at risk for
- 3) Recognizing behaviours, limitations and barriers to achieving optimal oral health for seniors
- 4) Identifying navigation opportunities that improve oral health

Did you know?

40% of Canadians over 60 are infrequent users of oral health services and do not have dental insurance.

Key challenges are restricted mobility, cognitive impairments, health conditions and financial restraints.

Numerous studies have identified significant oral health concerns.

Effects of poor oral health are:

- 1) Gingivitis (red, puffy, inflamed gums)
- 2) Periodontitis (bulbous, fibrotic, pale gums)
- 3) Tooth loss
- 4) Xerostomia (dry mouth)
- 5) Erosion
- 6) Fungal infections
- 7) Cavities

Other effects on the body as a whole itself are:

- 1) Chronic disease
- 2) Polypharmacy
- 3) Disability

Important Oral Health Navigation Program:

- 1) Good oral hygiene habits (brushing, flossing, mouth wash)
- 2) Balanced nutritional habits, Ph levels
- 3) Proper hydration
- 4) Regular visits with a professional for preventative dental care

Correct Brushing of Teeth:

- 1) Brush with a SOFT bristle toothbrush (not medium or hard) - especially patients with dry mouth or sensitive gums
- 2) Brush twice daily after meals
- 3) Use a circular motion when brushing
- 4) Use a good toothpaste - (she recommends Colgate Total or Colgate Sensitive toothpaste)
- 5) Use good mouthwash to rinse with - Do Not Swallow - (she recommends Listerine Zero Sensitive mouthwash)



Balanced nutrition choices:

- 1) Vegetables and fruits
- 2) Fish
- 3) Legumes (Beans)
- 4) Nuts

Drinking water keeps your mouth clean.

A simple glass of water:

- 1) Washes away residue that might leave stains
- 2) Reduces bacteria that cause bad breath
- 3) Dilutes acids to protect your teeth from plaque
- 4) Hydrates tissues

What your dental care provider can do for you:

- 1) Motivate you to maintain good oral health
- 2) Help prevent infection and tooth loss and help prevent the need for extensive treatment
- 3) Make the dental care visit pleasant and comfortable
- 4) Provide an oral health assessment
- 5) Take appropriate precautions (infection control)
- 6) Book a continued care appointment to maintain good oral health

#### ORAL HEALTH RESOURCES

- 1) Mobile Dental Hygienist Camille Savory (CamCare Oral Health) - the dental hygienist who comes to you!

She comes to the Syme 55+ Centre twice a year

Tel.: 647-948-8871

Email: [camcareoralhealth@hotmail.com](mailto:camcareoralhealth@hotmail.com)

- 2) Ontario Seniors Dental Care Program

Tel.: 905-799-7700

Email: [ontario.ca](http://ontario.ca)

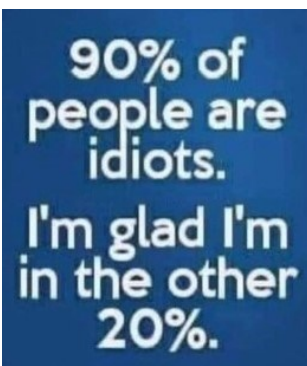
- 3) By 2025 the government plans to offer up to \$650 per year for dental care.

Email for applications starting December 1:

[todocanada.ca/applications-for-canada-dental-benefit-open-on-dec-1](http://todocanada.ca/applications-for-canada-dental-benefit-open-on-dec-1)

-Recorded by Sabine Beblo

Did you know muffins spelled backwards is what you do when you take them out of the oven?



Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!







## **YES, I'M A SENIOR CITIZEN!**

I'm the life of the party.....Even if it lasts  
until 8 p.m.

I'm very good at opening childproof caps.....  
With a hammer.

***I'm awake many hours before  
my body allows me to get up.***

***I'm smiling all the time,  
because I can't hear a thing you're saying.***

I'm sure everything I can't find is  
in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy,  
and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

**Yes, I'm a SENIOR CITIZEN and I think I am  
having the time of my life!**



JOIN US FOR OUR

# THANKSGIVING LUNCHEON

FRIDAY  
OCTOBER 6TH, 2023

Join us for our Thanksgiving lunch followed by a presentation with June Jones from Lifeline.

Time: 12:00 pm - 2:00 pm  
Cost: FREE

FIRST 50 PEOPLE FREE (MEMBERS ONLY)

JOIN US FOR

# Wills & Estate Planning

Hosted by: Lynett Funeral Homes;  
Sylvie Powell

Come with your questions about obtaining and completing your wills and estates.



Friday, October 20th, 2023  
12:00 pm - 2:00 pm  
\$6.00/member

**Syme55+**  
CENTRE

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CENTRE

## DENTAL CLINIC WITH CAMILLE SAVORY

Cleanings: \$75.00-\$100.00  
Denture Cleaning \$25.00  
Insurance Accepted



Date: Monday October 16th, 2023  
To book an appointment contact the office 416-766-0388

JOIN US FOR A PRESENTATION ON

# MUSIC THERAPY

**Dine with Dina Pt 2.**  
Learn about the benefits of music therapy for your mental health.

FRIDAY, NOVEMBER 3, 2023  
12:00 PM - 2:00 PM  
\$6.00/MEMBER

**Syme55+**  
CENTRE





"GET RIGHT PHYSIO" IN-HOME PHYSIOTHERAPY PRESENTATION FRIDAY, JULY 14, 2023  
BY CLAUDIA EHAMPARAM, TRAINED PHYSIOTHERAPIST AND CHINESE-MEDICINE-TRAINED ACUPUNCTURIST

Website: [www.getrightphysio.com](http://www.getrightphysio.com)

Email: [info@getrightphysio.com](mailto:info@getrightphysio.com)

Tel: 647-370-5162

Owner and Team Leader: Claudia Ehamparam, [M.Sc.PT.](#), CAFCI C/NDT

#### EXERCISE AND AGING

Natural loss of muscle mass occurs after age 50.

This can lead to frailty, risk of falls, decreased mobility, decreased independence.

Regular exercise helps prevent obesity, diabetes, heart disease, etc.

The American College of Sport Medicine recommends resistance training for adults at least twice a week.

Exercise stimulates bones to increase in density, which can prevent osteoporosis and reduce the risk of fractures.

#### BENEFITS OF PHYSIOTHERAPY FOR SENIORS

Decreases pain in MSK structures or due to comorbidities (i.e. arthritis, osteoporosis, fibromyalgia, joint replacement surgeries, stroke, Parkinsons).

Decreases dependence on medications.

Improves mobility and strength.

Prevents falls and improves balance.

Decreases incontinence (pelvic floor physio).

Improves sleep, mental/emotional well-being and quality of life.

#### WHY IN-HOME PHYSIO VERSUS GOING TO A CLINIC?

Undivided attention (one-on-one 60 minute appointments).

Convenient: no hassle of driving, parking, or commuting. Also, we bring everything we need with us to your home - you don't have to prepare anything.

More accessible to seniors recovering from surgery or who have social anxiety issues about leaving their home or couples who need back-to-back appointments.

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



**WHAT DO YOU CALL A  
MELON THAT'S NOT  
ALLOWED TO GET  
MARRIED?**

**CANTELOPE.**

*Just Tease*



DID YOU KNOW?

ELEPHANT CAN SMELL WATER  
FROM 3 MILES AWAY.

Anyone  
caught  
**EXITING**  
thru this  
door will be  
asked to  
**LEAVE!**



MY FIRST FAIL.COM

OH! Cold Wipes! Cold Wipes!



Reading  
can seriously  
damage your  
ignorance.



A Syme of the Tymes



# DENTAL CLINIC WITH CAMILLE SAVORY

Cleanings: \$75.00-\$100.00

Denture Cleaning \$25.00

Insurance Accepted



Date: Monday October 16th, 2023  
To book an appointment contact the  
office 416-766-0388



## Ask the Expert

**Thinking about making your funeral and cemetery arrangements in advance?**

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

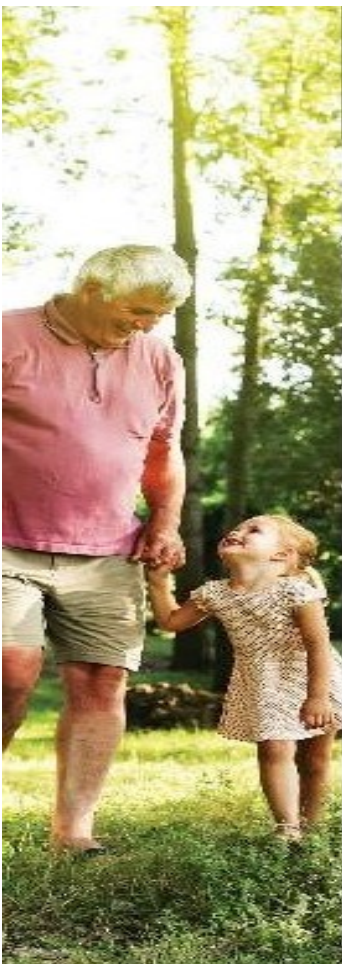
1. Pre-planning lets you make your wishes known to your family, ensuring that your funeral and cemetery arrangements will reflect your choices.
2. Pre-arranging is an essential component of estate planning, allowing you to anticipate the cost of final arrangements and to budget for them.
3. Pre-planning 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](http://lynettfuneralhome.ca)

**Arbor Memorial Inc.**



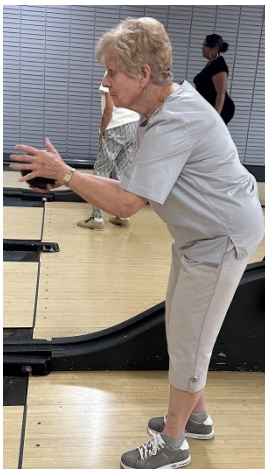




## Action at the Bowling Alley

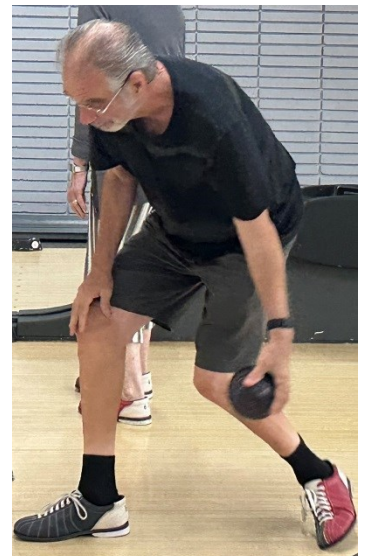


On July 28, sixteen intrepid bowlers gathered at Rexdale Bowlerama to challenge the Bowling Gods. We divided into four teams. As we played, there were many groans and head shakes interspersed with cries of delight when the ball found its mark. We bowled one game, then took a break to enjoy delicious burgers and fries, then back to the lanes for two more animated games. No matter the final scores, we all had a great time.



Rexdale Bowlerama is one of the few remaining 5 pin facilities in Toronto (they also have 10 pin lanes). It is fully automated so there are no worries about score keeping, and the staff are very helpful.

-Submitted by Eva McLaughlin







# Join Syme Centre for a tour of the Etobicoke Murals



**Tuesday, October 17<sup>th</sup> at 11:00am**

**(rain date Thursday, October 19<sup>th</sup> at 11:00am)**

**Meet at The Montgomery Inn—4709 Dundas Street, West**

**Cost: \$10.00 for members, \$13.00 for non-members**

**If you have questions or to register please contact**

**Julie in the office at 416-766-0388**





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## Grand River Cruise

On August 23, 2023, members of the Syme Travel Group boarded an early morning bus that would take us to 'The Grand River Cruises' located 30 minutes south of Hamilton.

Upon arriving at 'The Landing' we were greeted by Bob who invited us to a complimentary coffee and muffin while we watched an audiovisual presentation about the Grand River followed by the most enjoyable musical show featuring 'The Blazing Fiddles'.

'The Blazing Fiddles' are known for their high energy and versatility when it comes to a variety of musical styles. From classical and fiddler, to show time and jazz the show was truly entertaining. The audience was encouraged to join in the singing segment of the show. 'Hey Jude' had the whole crowd participating.

Captain Joel welcomed us aboard our boat where each table was arranged along a window to give all passengers a great view. The promenade deck that surrounds the dining area allows everyone to stroll the deck or sit and enjoy the scenery.

A hearty lunch of roast beef and vegetables was served to us after we were seated. The apple crumble we 'The Best'. Our captain took our minds off the fact that it was raining "cats and dogs" by giving us some historical facts about the Grand. Some blue herons were spotted as well as other wild life.

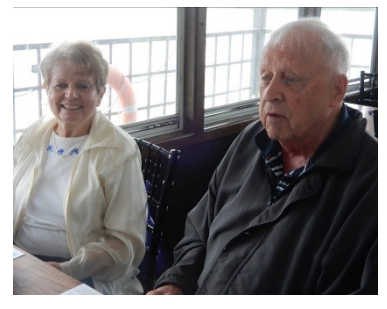
On the way home we stopped to visit the Dutch Mill Country Market for some last minute shopping. From the market, Ron our driver, carefully drove us home through the late rush hour traffic. It was the most enjoyable summer day trip.

Submitted by Bonnie Rutherford



There are no strangers here,  
only friends you have not met  
-Author unknown

## Pictures of the Grand River cruisers







👁️ 🕷️ 🦇 🎃 🕸️

# SPOOKTACULAR HALLOWEEN PARTY

**FRIDAY, OCTOBER 27TH, 2023**

**12:00 PM - 2:00 PM**

**\$12.00/MEMBER**

**JOIN US FOR A SPOOKY LUNCHEON**

**COSTUMES ARE OPTIONAL AND NOT REQUIRED**

**SPOTS WILL BE LIMITED  
SO DO NOT HESITATE TO REGISTER**

**Syme55+**  
CENTRE





## Destination Lake Rousseau

Our bus departed for Muskoka, albeit a bit late, on a hot, hot morn, July 5th. First stop was a stroll thru Gravenhurst's Farmers Market - a tasty apple strudel took over my morning coffee break - some made it back home in my 'best buddy' cooler pack. We enjoyed a tasty lunch at The Oar in Gravenhurst, during which a missed passenger plus a cell phone were rescued, compliments of the restaurant staff and our bus driver. Thank goodness for helpful staffers. Driving thru the striking northern roads to Port Carling we boarded a boat for a calm, hot tour of beautiful Lake Rosseau. Enroute home we treated ourselves to pastry delights, etc. in Orillia's Mariposa Market.

We are looking forward to our next adventures with Syme travellers.

-Submitted by Penny Tweddle







## First Aid Training

First Aid training is an important skill to have at any age.

Want to learn more?  
Check out First Aid/CPR Manual  
from our medical library



HEAVEN CAN WAIT  
EMERGENCY FIRST AID TRAINING



Thank you to everyone who donated to our Backpacks for Kids Fundraiser. This year we worked with Club 260, who held a community BBQ and collected \$400.00. We also received generous donations from our members. In total, we raised \$4080.00 and filled more than 50 backpacks.







## THE MANY FACES OF SYME







## THE MANY FACES OF SYME

'There are no strangers here, only friends that you have not met.' Author unknown







*Syme*55+  
CENTRE



JOIN US FOR A PERFORMANCE BY

**ESTELLA MELLISA**

**FRIDAY, NOVEMBER 10, 2023**

**12:00 PM - 2:00 PM**

**\$ 12.00/MEMBER**

Syme Centre's very own  
Estella Mellisa (Sabine Beblo)  
will be performing for us her very  
own musical pieces.



## 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 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 **"refract"** (To deflect, from a direct path.) The average mark is 25 words in 40 minutes. Can you find 36 or more in refract?

(The results can be found elsewhere in this newsletter)

I am seeing 9 gentlemen every day. As soon as I wake up, Will Power helps me get out of bed.

Then I go to see John.

Then Charlie Horse comes along & when he is here, he takes a lot of my time & attention.

When he leaves, Arthur Ritis shows up & stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint

After such a busy day, I'm really tired & glad to go to bed with Ben Gay. What a life! Oh, Yes,

I'm flirting with Al Zymer and

I'm also thinking of calling BUD WEISER , JACK DANIELS or JOHNNY WALKER to come and keep me company.



Do you know  
What the letter "b" in *scuba* refers to?  
**Breathing**  
(Self-Contained Underwater Breathing Apparatus)





JOIN US FOR A PERFORMANCE BY

**ESTELLA MELLISA**

**FRIDAY, NOVEMBER 10, 2023**

**12:00 PM - 2:00 PM**  
**\$ 12.00/MEMBER**

Syme Centre's very own  
Estella Mellisa (Sabine Beblo)  
will be performing for us her very  
own musical pieces.

**JOIN US FOR A PRESENTATION**



We will be hosting a  
presentation with  
registered audiologist of  
Toronto Hearing Clinic  
Natasha Manji.

Learn about the importance  
of hearing maintenance.

**FRIDAY, NOVEMBER 24, 2023**  
**12:00 PM - 2:00 PM**  
**\$6.00/MEMBER**



**Meditation for  
Mental Health**

Pt. 3 of Dine with Dina

Learn how to meditate and the  
importance it can have on your mental  
health.

**FRIDAY, DECEMBER 1, 2023**  
**12:00 PM - 2:00 PM**  
**\$6.00/MEMBER**



**SYME  
CHRISTMAS  
BINGO**

**FRIDAY, DECEMBER 8, 2023**  
**12:00 PM - 2:00 PM**  
**\$6.00/MEMBER**

**PRIZES WILL BE GIVEN AWAY  
BE PREPARED TO HAVE FUN**





---

## Julie Andrews Turning 79!

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:  
(Sing It!)

"Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.  
Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.  
When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.  
Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.  
Back pain, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favorite things.  
When the joints ache, When the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad."

-Submitted by Elaine Friedman



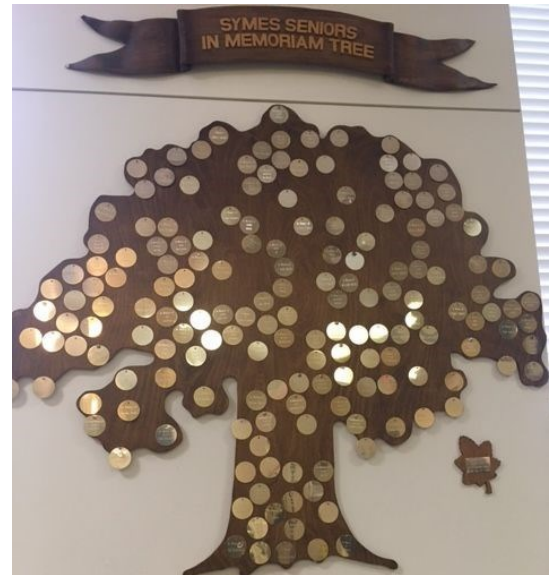


## In Memoriam Tree

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"/> | <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.





## Contractor Scam

If a contractor knocks on your door and offers you a good price to solve a problem on your property because he is working for your neighbour, take these steps before accepting their offer:

1. Read any paperwork they present to you. It may look professional and legitimate, but anyone can have real looking invoices/quotes printed up. Check their website and email addresses.
2. Talk to your neighbour to find out how they were contacted - maybe they have been scammed too.
3. Call Canada Revenue 1-800 959 5525 to see if this is a company registered for GST. They may quote you a number but it may belong to someone else or totally made up.
4. Do not pay cash until the job is complete to your satisfaction.

-Submitted by a SCAMMED Syme member (who said to the Editor "I can't believe I fell for this!")

# VOLUNTEERS NEEDED

We are looking for  
volunteers to support  
our weekly food bank.

Wednesdays  
10:00am-4:00pm  
Flexible

This position involves  
heavy lifting





Thank God they put a cone up...I would've drove right into this mess...



Did you know?

The actual smallest sovereign entity in the world is the Sovereign Military Order of Malta (S.M.O.M).

It is located in the city of Rome, Italy, and has an area of two tennis courts. And, as of 2001, has a population of 80, 20 less people than the Vatican.

It is a sovereign entity under international law, just as the Vatican is.

If a cookie falls on the floor and you pick it up... that's a squat, right?

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)





Year Round Travel Presents

# HOLIDAY SHOW TOUR

Featuring International Superstar Sarah Brightman's Christmas Symphony Tour

**SARAH BRIGHTMAN** is a British soprano singer who's gained worldwide recognition for her powerful angelic voice. Her music continues to captivate audiences around the world. Today, she remains among the world's most prominent performers with over 30 million albums sold and has received more than 180 gold and platinum awards in over 40 countries. In celebration of the most wonderful time of the year, Sarah's 'A Christmas Symphony' tour will be returning to North America. Accompanied by her amazing band, orchestra, choir and special guests, Sarah will be performing many of my holiday classics and greatest hits! **BRIGADOON**: Celebrate the holiday season with the return of one of the most romantic and magical musicals! What would you give up for love? Stumbling upon a magical village that appears out of the Scottish mist for one day every century, Tommy, a modern boy, meets Fiona, a girl from the past. Should he stay with her in Brigadoon, or return to the world he knows and never see her again? This feast of song and dance from Lerner and Loewe (the team behind My Fair Lady) has been entrancing audiences for more than seven decades. Classic songs like "Almost like being in love" and "I'll go home with Bonnie Jean" will stay with you forever.

## Tour Includes:

- Home pick-up/drop off (Metro)
- Transportation via deluxe coach
- 2 nights accommodation at the Holiday Inn By The Falls,
- \$70.00 in slot play (subject to change without notice)
- 2 breakfasts
- 2 lunches
- 2 dinners
- Visit to the Niagara Floral Show House, Christmas display
- View the Winter Festival of Lights
- Ticket for the Christmas Symphony feat. Sarah Brightman
- Ticket for the performance of "Brigadoon" at the Shaw Festival
- Visit to Picard's & Chocolate F/X
- All hotel taxes and service charges
- All gratuities on included meals
- Baggage handling
- Tour escort

**November 22 to 24, 2023**

Price per person in Canadian Dollars

TWIN \$899.00 SINGLE \$1059.00

\$100.00 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

*Syme*  
**55+**  
CENTRE



Optional Cancellation Insurance  
\$63.00 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)



I never thought I'd be the type of person who would get up early in the morning to exercise. I was right.

You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge six liters of air.



**LANEWAY  
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- ♦ Frozen Water Pipes - Thawed
- ♦ Leaky Taps & Toilets

ALL WORK GUARANTEED

**CALL**

**416-241-6188**

**Greg Lane**





PHOTO CONTEST  
For the cover of our  
WINTER 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

December 1, 2023

The contest winner will  
receive a gift card



Will Rogers was one of the greatest political country/cowboy sages. Some of his sayings.

### ON GROWING OLDER.

**First** ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

**Second** ~ The older we get, the fewer things seem worth waiting in line for.

**Third** ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

**Fourth** ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

**Fifth** ~ You know you are getting old when everything either dries up or leaks.

**Sixth** ~ I don't know how I got over the hill without getting to the top.

**Seventh** ~ One of the many things no one tells you about aging is that it's such a nice change from being young.

**Eighth** ~ One must wait until evening to see how splendid the day has been.

**Ninth** ~ Being young is beautiful, but being old is comfortable and relaxed.

**Tenth** ~ Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

**And, finally** ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.





## 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





---

### The Sunshine Centre Outing

"It's so peaceful here!" commented one of the women lounging in Muskoka chairs on Ward's Island this past Friday Sept. 1st. Only a 15-minute ferry boat ride, and the hubbub of the big city had disappeared. The sun shone and the weather was perfect for the outing organized by Syme Centre staff.

Our group of forty seniors was greeted at the Ward's Island ferry docks by Amanda and Lani, who transported some of us by golf cart to the Sunshine Centre for Seniors. Coffee, tea and refreshments were on offer at the centre. Then we were free to explore the islands, checking out the boats, the bridges, the trees and flowers, and the free book and clothing exchange on Algonquin Island. I slipped away to the nearby secluded Ward's Island Beach and enjoyed a wonderful swim in the clear, cool water. The CNE Airshow jets were thundering overhead at regular intervals, practicing for the upcoming weekend's performance. Quite exciting to see the aircraft, sometimes in tight formation, going through their manoeuvres.

A barbeque lunch of burgers, chips and salad was served at noon. Lani and Amanda took us on golf cart tours of the residential streets, which made it easy to view all the quaint and cozy homes of this little community. More than one visitor was heard saying wistfully how nice it would be to live on the island. But most of us know how unlikely that dream is to come true... with 500 people on the waiting list and only about 2 spots becoming available each year.

Several restaurants and cafes were a short walk away from the Sunshine Centre. Were some Syme Centre staff members spotted enjoying ice cream at the Runaway Cafe? We'll never tell. The Island Cafe, located close to the ferry docks, grows some of the ingredients for their dishes in the lush gardens around the restaurant. Some of the veggies are donated to local food banks.

From large metal dragons guarding the Island Cafe gardens, to display cases showcasing residents' artwork, the islands seem to be a fertile spot for creativity. Sandy, a 50-year island resident, showed us a community garden plot near the Sunshine Centre, where she and her neighbours grow flowers and vegetables. Sandy incorporates some of her artwork into her allotment. And she tells me that there is an annual art exhibition and sale every September on the island.

Getting away from the hustle and bustle of Toronto city life for one day was memorable. After disembarking from the Sam McBride ferry and before getting on our bus to return to the Syme Centre, I hopped on the metal bicycle-built-for-two sculpture, and took an imaginary spin with Jack Layton. Then Linda the Intrepid Bus Driver brought us all through rush-hour traffic back to the Syme Centre, and we were home.

Many thanks to Kelly, Cleriese and Julie for organizing this outing, and also to Donte for helping out and spending the day with a gang of seniors.

-Submitted by Pauline Hodge



## Wards Island



**Are you interested in planning group activities?**

**WE NEED YOU!**



**Syme 55+ Centre's travel committee is a working committee seeking Syme volunteers to participate and assist with upcoming travel adventures.**

**For more information please contact  
Julie at [julie@syme55.com](mailto:julie@syme55.com) or 416-766-0388**





# Tips for Water Intake for Older Adults

Written by [WebMD Editorial Contributors](#)

Water helps you digest your food, absorb nutrients, and get rid of waste. As you get older, you might lose your sense of thirst. Also, medicines you're taking or health conditions may make it more likely that you're not getting enough water.

## What Happens If You Don't Drink Enough Water

Water is essential for life. Your body is made up of a lot of water and you need it to keep your organs and [body healthy](#). If you don't [get enough water](#) or other fluids every day, you can become [dehydrated](#). This happens when you lose more water than you take in.

[Signs of dehydration](#) in older adults include:

- Confusion
- Tiredness
- Lightheadedness
- Dark yellow urine
- Strong-smelling urine
- Urinating fewer than four times a day
- Dry mouth, lips, eyes, or skin
- Low blood pressure
- Disorientation

When you're older, dehydration can cause lots of health problems. Not drinking enough fluids can lead to:

- Problems with memory
- Poor concentration
- Slow reaction times
- Feeling extra tired
- Weakness
- More falls
- Pressure sores
- Skin conditions

[Urinary tract infections](#)

- Kidney problems

[Constipation](#)

## Why It's Hard for Older People to Get Enough Water

As you get older, your sense of thirst changes and you don't notice that you need a drink as easily as you once did. To make it worse, when you don't have enough fluids, you become even less thirsty and drink less water. This can quickly [lead to dehydration](#).



## Tips for Water Intake for Older Adults (continued)

Some medications like [laxatives](#) and [diuretics](#) (water pills) can cause you to have problems getting enough fluids. Some health problems might also cause you to be dehydrated or have trouble drinking water. These include:

### [Alzheimer's disease](#)

- Having a stroke
- Kidney disease
- Poor hormone response

### [Dementia](#)

- Problems swallowing
- Poorly controlled [diabetes](#)

If you have trouble getting around, it might be hard to get to the washroom quickly. This can lead to [incontinence](#), which sometimes makes people avoid drinking. This can cause problems with not getting enough water intake. Incontinence can be caused by other problems, too.

Living in a long-term care home like a [nursing home](#) can also lead to not enough water intake. This can be caused by needing help with feeding or not having enough access to water or other drinks.

If you have a stomach bug that's making you throw up and [causing diarrhea](#), you might also easily get dehydrated. Older adults are more likely to catch a virus, too.

Dehydration can also be caused by depression. Sometimes you might not feel like eating or drinking and you might not take in enough fluid.

Older adults are also more [sensitive to the heat](#). If you're outside in the summer and don't drink enough water, you can quickly become dehydrated.

## Steps to Take to Get Enough Water

You should aim for 6 to 8 glasses of fluid a day. Here are some simple tips for making sure you reach your goal and get enough water.

**Sip on drinks throughout the day.** Get a reusable water bottle with a straw and fill it with plain water. Take it with you wherever you go and sip it throughout the day. Sometimes using a straw is easier, and you might be surprised at how much you drink.

**Have a full glass of water when you take a pill.** If you take medications at different times of the day, this can be a great opportunity to get more water.

**Have a cup of [low-fat soup](#) as an afternoon snack.** Broths and soups count as fluid intake toward your daily goal. Soup is a great snack that can help keep you hydrated.

**Freshen up your water.** Sometimes adding a few slices of lemon or orange or some ice cubes can give water a fresh taste. This can make it easier to drink more.





## Tips for Water Intake for Older Adults (continued)

**Take sips of water between bites of your meal.** Take some time to add fluids while you eat. These sips can add up to better hydration.

**Eat soft, wet foods that have [high water content](#).** These can be foods like yogurt, gelatin desserts, pureed fruit, and custard.

**Set a daily tea appointment with a friend.** Taking a break for a healthy drink with a friend can be an easy and enjoyable way to get more fluids.

**[Limit your alcohol](#).** Alcoholic drinks don't count toward your daily fluid count. If you choose to drink alcohol, don't have too much. This means 1 alcoholic drink a day for women and up to 2 for men.

**Keep drinking water if you have incontinence.** If you have incontinence or you're up a lot in the night to use the washroom, don't stop drinking water. This can cause you to get dehydrated quickly. Instead, see your doctor for treatment.

Good water intake is an important part of staying healthy. If you're concerned that you're not getting enough water and it's affecting your health, make sure to talk to your doctor.

### This'll freak you out

WORD	Rearrange the letters
DORMITORY	DIRTY ROOM
PRESBYTERIAN	BEST IN PRAYER
ASTRONOMER	MOON STARER
DESPERATION	A ROPE ENDS IT
THE EYES	THEY SEE
GEORGE BUSH	HE BUGS GORE
THE MORSE CODE	HERE COME DOTS
SLOT MACHINES	CASH LOST IN ME
ANIMOSITY	IS NO AMITY
ELECTION RESULTS	LIES LET'S RECOUNT
MOTHER-IN-LAW	WOMAN HITLER
SNOOZE ALARMS	ALAS NO MORE Z'S
A DECIMAL POINT	IM A DOT IN PLACE
THE EARTHQUAKES	THAT QUEER SHAKE
ELEVEN PLUS TWO	TWELVE PLUS ONE

### Did you know?

The Eisenhower interstate road system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergency.

### Did you know?

The full name of Los Angeles is: I Pueblo de Nuestra Senora la Reina de Los Angeles de Porciuncula -- and can be abbreviated to 3.63% of its size: L.A.



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

Jun 23<sup>rd</sup> - BBQ hotdog and delicious Ceasar Salad. Stephen Rice, an arborist, brought in a live bee hive and gave interesting and valuable information on bees.  
Jun 30<sup>th</sup> - Pizza was served, with coffee cake for desert. Camille Savory gave a presentation on Oral Hygiene, discussing the importance of dental hygiene and spoke of her Mobile Clinic.



July 14<sup>th</sup> - Pesto salad topped with a stuffed chicken breast and a slice of garlic bread - picture perfect and delicious. Claudia Ehamparem gave a presentation on the benefits of physio and why it is recommended.  
July 21<sup>st</sup> - Burgers with a tomato, cucumber and feta salad. This was followed by the ever-popular Ice Cream Truck, sponsored by Arbor Memorial, Lynette Funeral Home.  
July 28<sup>th</sup> - Bowlerama day, where many of our members enjoyed bowling with a lunch of burger, fries and a drink.

Aug 4<sup>th</sup> - Syme Picnic. wiener on a bun, green salad and potato salad, dessert freshly cut up fruit and cookies. Out door games.  
Aug 11<sup>th</sup> - Pizza and a movie.  
Aug 18<sup>th</sup> - Salisbury steak, garlic mashed potatoes and veg. Our entertainment was cancelled so we enjoyed a social hour.  
Aug 25<sup>th</sup> - Chicken Caesar salad wrap with chips. Chair boxing with Julie, got all fit while seated.

Sept 1<sup>st</sup> - A great day at the Sunshine Centre on Ward's Island. Lunch, walks and an informative tour of the island.  
Sept 15<sup>th</sup> - Spaghetti and meatballs, Caesar salad and garlic bread. Cocoanut cream pie for dessert. All enjoyed and participated in Self Defense Training.

**Come and join us on Fridays for good food, excellent company and special entertainment.**

Editor's Note: You MUST register early for these lunches.

WRINKLES

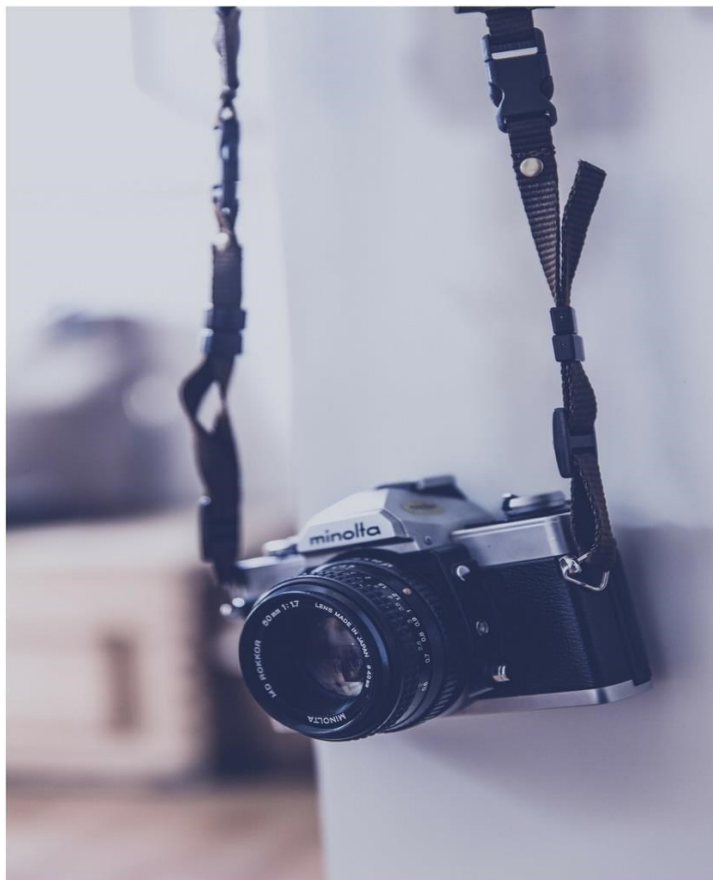
**Something other people have,  
Similar to my character lines.**





## 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)





# YOUR HEALTH IS OUR PRIORITY



We will be hosting a hearing clinic on:

**Tuesday, November 28, 2023**

**Done by Natasha Manji - Audiologist &  
owner of Toronto Hearing Consultants**

**Spots are limited please register in office to  
book your time.**

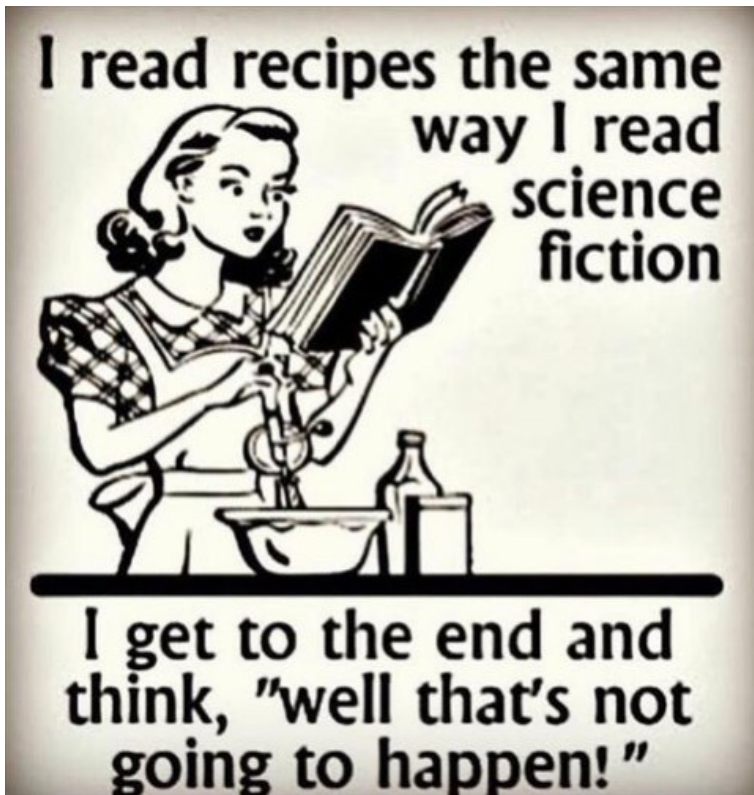
**Appointments run from 10 am - 3 pm**



**WORD FUN: Refract**

(Directions appear elsewhere in the newsletter.)

Race	Racer	Raft	Rafter	Rare	Rate	Rater	react
Rear	Face	Facet	Fact	Farce	Fare	Fate	Fear
Feat	Feta	Fret	Acre	After	Café	Care	carer
Caret	Cart	Carter	Cater	Craft	Crafter	Crate	Crater
Tare	Tear	Terra	trace				

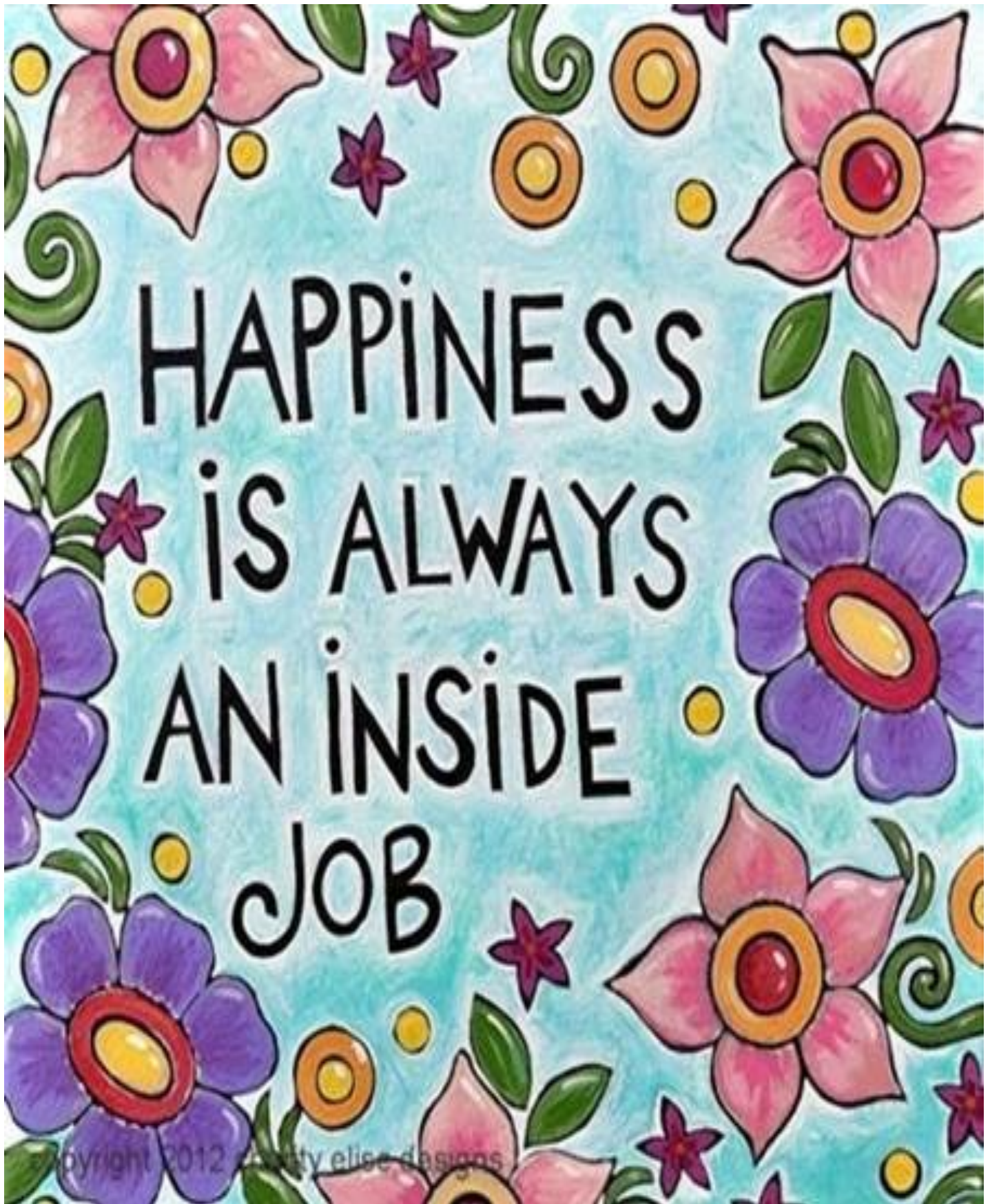


Luxembourg is the wealthiest country in the European Union. It is the 2nd largest financial centre in the world after the USA.

Did you know...  
No piece of paper can be folded in half more than seven (7) times.  
(Go ahead, try it.)

The *care* in *care package* began as an acronym.

Cooperative for American Remittances to Europe (later modified to Cooperative for Assistance and Relief Everywhere)







## 10 Best Places to Live according to Conde Nast Traveler Magazine

- |                         |                        |
|-------------------------|------------------------|
| 1. Vienna, Austria      | 2. Copenhagen, Denmark |
| 3. Melbourne, Australia | 4. Sydney, Australia   |
| 5. Vancouver, Canada    | 6. Zurich, Switzerland |
| 7. Calgary, Canada      | 8. Geneva, Switzerland |
| 9. Toronto, Canada      | 10. Osaka, Japan       |

## More Useful Information

Gail B sent this info along in order for TTC adventures to be less stressful.

To find out about TTC service changes or to find out when a TTC escalator goes up or down:

[https://www.ttc.ca/subway-stations/\(name of \) station](https://www.ttc.ca/subway-stations/(name of ) station)

For information about escalators and elevators go to [TTC.ca](https://www.ttc.ca), *select routes and schedules*.

1. from drop down menu select *subway stations*
2. then select *station features*,
3. then select *escalators and elevators*

From Pauline H. two more interesting computer sites for those who enjoy word challenges;

1. Blossom A Daily Word Game
2. Octordle.

**"An idle brain is the  
devil's workshop."**

This proverb can be dated as far back as the 4th century by the theolin St Jerome. It may be one of the oldest expressions in the English language.

**Housework can't kill you, but why take a chance?**  
-Phyllis Diller

**Best way to get rid of kitchen odours: Eat out.**  
- Phyllis Diller



## List of NATO member countries and the year of joining

 <b>Albania</b> 2009	 <b>Greece</b> 1952	 <b>Norway</b> 1949
 <b>Belgium</b> 1949	 <b>Hungary</b> 1999	 <b>Poland</b> 1999
 <b>Bulgaria</b> 2004	 <b>Iceland</b> 1949	 <b>Portugal</b> 1949
 <b>Canada</b> 1949	 <b>Italy</b> 1949	 <b>Romania</b> 2004
 <b>Croatia</b> 2009	 <b>Latvia</b> 2004	 <b>Slovakia</b> 2004
 <b>Czechia</b> 1999	 <b>Lithuania</b> 2004	 <b>Slovenia</b> 2004
 <b>Denmark</b> 1949	 <b>Luxembourg</b> 1949	 <b>Spain</b> 1982
 <b>Estonia</b> 2004	 <b>Montenegro</b> 2017	 <b>Türkiye</b> 1952
 <b>Finland</b> 2023	 <b>Netherlands</b> 1949	 <b>United Kingdom</b> 1949
 <b>France</b> 1949	 <b>North Macedonia</b> 2020	 <b>United States</b> 1949
 <b>Germany</b> 1955		

- NATO was created by 12 countries from Europe and North America on 4 April 1949.
- Since then, 19 more countries have joined NATO through nine rounds of enlargement (in 1952, 1955, 1982, 1999, 2004, 2009, 2017, 2020 and 2023).
- Article 10 of the North Atlantic Treaty sets out how countries can join the Alliance. It states that membership is open to any "European State in a position to further the principles of this Treaty and to contribute to the security of the North Atlantic area".
- Any decision to invite a country to join the Alliance is taken by the North Atlantic Council, NATO's principal political decision-making body, on the basis of consensus among all Allies.





Year Round Travel Presents

# Happy New Year 2024

Jim Witter has been entertaining crowds for over 30 years. Whether it be his original music, the music of Billy Joel and Elton John, or any of the other many artists he pays tribute to, Jim's versatility as an artist has allowed him the opportunity to reach out and share his music and his infectious personality with audiences of all ages across Canada, the United States, and the U.K.

**Syme**  
**55+**  
CENTRE

His unique approach and comfortable rapport makes each member of his audience feel as though they are a part of a private concert in the comfort of their own living room. This, along with his rich, powerful voice and ease of manner at the piano, make him a favourite with theatre goers everywhere.

## Inclusions:

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 2 nights accommodation at the Holiday Inn Hotel and Conference Centre, St. Catharines
- \* 1 buffet breakfast
- \* 5 course Prime Rib dinner on New Year's Eve including wine
- \* New Year's Day brunch
- \* New Year's Eve with Jim Witter at the Performing Arts Centre
- \* Post show reception at the hotel including hors d'oeuvres and champagne toast at midnight

- \* Dinner at the Skylon Tower
- \* Winery visit including tasting
- \* Visit to the Fallsview Casino
- \* All gratuities on included meals
- \* Shopping at the Pen Centre
- \* All hotel taxes and service charges
- \* Baggage handling
- \* Tour escort

**December 30 - January 1, 2024**

**Price per person in Canadian Dollars**

**TWIN \$839.00 SINGLE \$1029.00**

\$1000 deposit due upon booking. Balance due 60 days prior to departure.

Optional Cancellation Insurance \$59.00 per person

To book contact Year Round Travel at 416-499-1444  
Additional questions: call Julie Tye at 416-766-0388



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

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## The Next Chapter (What Members are Reading)

Hello fellow bibliophiles. This is your long-lost book review columnist back from his self imposed COVID exile. This being the first column in a few years is not due to a lack to reading activity on my part. Quite the contrary. The quarantine period imposed by the COVID affair provided the opportunity to devotees of the printed word to do some serious catching up on their backlog of unread manuscripts. Such was the case for yours truly. I am reminded of a Twilight Zone episode from the original series featuring Burgess Meredith entitled "Time Enough at Last". I discovered the works of Patrick O'Brian (1914-2000). Beginning in 1969, O'Brian began writing what turned into the 20-volume Aubrey-Maturin series of novels. The books are set during the period of the Napoleonic Wars and describe the lives and careers of Captain Jack Aubrey of the Royal Navy and his friend, naval physician and naturalist Dr. Stephen Maturin, a man of Irish and Catalan parents. I managed to locate every book in the series thanks to the libraries of Guelph, Toronto and Wellington County, and read every one of them.

The books are distinguished by O'Brian's deliberate use and adaptation of actual historical events, either integrating his protagonists in the action without changing the outcome, or using adapted historical events as templates. In addition to this trait and to O'Brian's distinctive literary style, his sense of humour is prominent. Each novel is a self contained capsule but the series can be read as one long story; following Aubrey and Maturin's professional and domestic lives.

A word regarding the format of the new. Improved literary column. A portion of my allotted space will be devoted to the author/and review of their collective work. I do this as a result of my experience in searching for the next novel to consume. Recommendations from friends or associates can lead you to a gem of a page turner to be sure, but as with wine and cheese tastes differ and don't always line up. But if I enjoy a novel by Author 'A', because of writing style, genre or historical period, I have found that other novels by the same author to be good reads as well. After watching the Hollywood film *Master and Commander: Far Side of the World* starring Russel Crowe, I discovered that the movie was based on two novels by Patrick O'Brian. The library data base pointed me to the appropriate shelf and bang, boom before you knew it, I had read twenty seafaring novels. A similar thing happened when I was introduced to Fredrik Backman through the book club.

About the author Patrick O'Brian, CBE (12 December 1914 - 2 January 2000), born Richard Patrick Russ, was an English novelist and translator, beginning in 1969, O'Brian began writing what turned into the 20-volume Aubrey-Maturin series of novels. The 20-novel series, the first of which is *Master and Commander*, is known for its well-researched and highly detailed portrayal of early 19th-century life, as well as its authentic and evocative language. A partially finished 21st novel in the series was published posthumously.

-Submitted by Rob Murakami





**PLEASE JOIN US FOR A**

# CHRISTMAS LUNCH



**FRIDAY, DECEMBER 15, 2023**

**12:00 PM – 2:00 PM**

**\$12.00/MEMBER**

**TICKETS WILL GO ON SALE NOVEMBER 13.**

**DO NOT HESITATE TO REGISTER, AS THERE ARE  
LIMITED SPOTS**



## Feeling Old In 2023? This might be the reason why.

- The Beatles split 49 years ago.
- The movie, 'Wizard of Oz' is 84 years old.
- Elvis died 46 years ago. He'd be 88 today.
- Michael Jackson's 'Thriller' video is 41 years old.
- Mickey Mantle retired 54 years ago.
- The movie, 'Saturday Night Fever' is 48 years old.
- The Ed Sullivan show ended 52 years ago.
- The Corvette turned 70 years old this year.
- The Mustang is 59.



Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

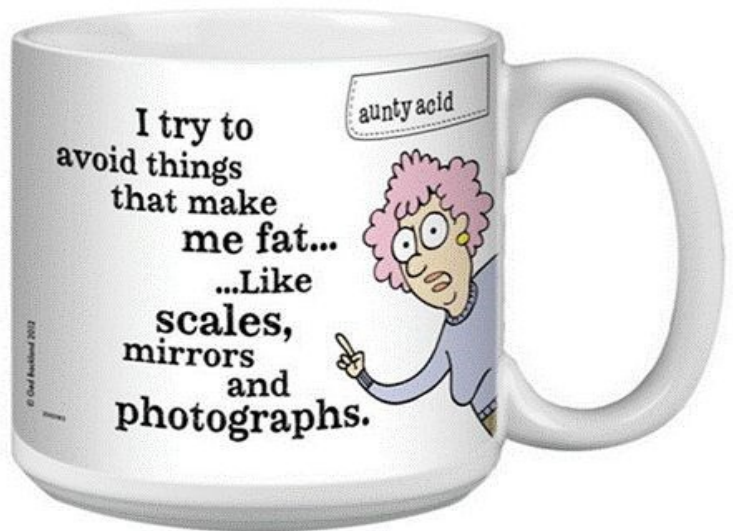
Couldn't remember why I was in the pantry.

remembered I had to use the bathroom.

Walked across the house to the bathroom.

Sitting on the throne I remembered why I went to the pantry...

Toilet paper.







Classes	Description
<b>Low Intensity</b>	
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
Smart Phone Class	Learn how to navigate your phone with instructional help.
Computer Class	Instructional course on basics of computers/tablets.
Zumba Gold	Lower intensity version of the Latin inspired choreographed dance workout, that focuses on range of motion and balance.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
<b>Medium Intensity</b>	
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
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 exercises 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>	
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.
Functional Fitness	Involves improving daily movement through: mobility, core strength, flexibility .... with the use of bodyweights & bands.
Chair Boxing	Effective alternative to conventional exercise which will help you to build strength in your upper body, lower body, and core—without using equipment. If you have limited mobility, you can build muscle without putting additional stress on the joints.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
<b>Clubs</b>	<b>Description</b>
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.
<b>Games</b>	<b>Pay as you Play = P.A.Y.P. \$2.00</b>
Bridge	Enjoy a game of Bridge.
Ping Pong	A great game of hand eye coordination, played with 2 or 4 players.
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

FIRST NAME:	LAST NAME:
PHONE NUMBER:	TAG #: X (ALL NUMBERS)

## SYME FALL 2023 CLASS REGISTRATION FORM

Session Date: Monday, September 25<sup>th</sup>, 2023 - Friday December 15<sup>th</sup>, 2023  
(No Classes Monday, October 9<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, October 9 <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	1:30 PM	2:30 PM	P.A.Y.P	
Julie T.	1D Chair Boxing	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
<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>						
Connie H.	3A Line Dancing	Gym	9:15 AM	10:15 AM	\$33.00	
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Rebel K.	3B Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
Elaine F.	3C Tai Chi Intro/Continuing	Gym	12:15 PM	1:15 PM	\$ 33.00	
Club	Tai Chi Fan	Gym	1:20 PM	2:20 PM	\$ 13.00	
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	
<b>THURSDAY</b>						
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	
Melissa M.	4B Zumba Gold	Gym	12:30 PM	1:30 PM	\$ 33.00	
Sheldon G.	4C Smartphone Class	Church Hall	11:00 AM	12:30 PM	\$ 33.00	
Sheldon G.	4D Computer Class	Church Hall	12:30 PM	2:00 PM	\$ 33.00	
<b>FRIDAY</b>						
Dylan C.	5A Yoga	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Silvana S.	5B Essentrics Fitness	Gym	10:45 AM	11:45 AM	\$ 33.00	

**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 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 ☐ CHEQUE ☐ DEBIT/CREDIT ☐

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)**





**JOIN US FOR**

**MEMBERSHIP  
RENEWAL & WINTER  
CLASS REGISTRATION**

**MONDAY, DECEMBER 18, 2023**

**11:00 AM**

**membership price: \$30.00 (2024 calendar year)**

