2023 Winter Priceless

# A Syme of the Tymes

Volume 16 Issue 4

## ALAS, WINTER!





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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 <u>minimal</u> 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 Facilitator



#### REGISTRATION FOR PROGRAMS

Next registration day is Monday March 25th, 2024. 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



Before I go out, I put music on for the cat (for company). I usually set it up with my 'goggle thingy'. One day I returned home and told goggle to turn down the volume. It did not respond so I told it again, still no response. This went on for several attempts with no response. It suddenly dawned on me that it was not goggle but rather my TV that I had left on that day.

For the Agawa Canyon trip, we had been instructed to take a small bag with necessary items for the first night as luggage would not be taken into the hotel as we were moving to another hotel for the balance of our trip. I borrowed a knapsack from my sister. I had always wanted to buy one but never got around to it. This one had many compartments; I even packed a change of shoes in it. I planned to put the backpack into my suitcase for the return home. When I was packing on our last night, I got the backpack into my suitcase although it was a tight fit but then I could not get all my clothes into the suitcase not the shoes, nor the cosmetic bag not my jackets. I ended up taking everything out of my suitcase, repacking it and carrying an empty backpack home. My sister has a smaller backpack that I think I might try on my next multi-day excursion or I might have to take a larger suitcase.

I was going to a theatre in Brampton the other night. As it was a place I had not gone to before I had accessed the map feature on my cell phone and therefore had a map on my phone. When I got out to the car a voice said "Go to Eglinton Ave". I looked around but there was no one there. It was most unnerving (especially as it was around Halloween.) Then it dawned on me - it was my phone giving me directions. Sadly, it never spoke afterwards. Thank goodness one of my passengers got directions off of her phone. My attempts to use my cell phone are gremlin related. I'm certain.

I love Christmas music and have been listening to it since Thanksgiving. Even the 'google thingy' was able to find this music in October. Thankfully, so had Bell fibe. One of my favourite Christmas songs "Rockin' Around the Christmas Tree" has finally hit #1 on the Billboard chart. Brenda Lee was 13 when she recorded that song, 65 years ago.

I was sorry to hear that Pat Law died just as Syme 55+ Centre was closing due to a resurgence in Covid.

Oh happy days are here! My friend's cat is coming for an extended stay while she is in Florida for the winter. I told the downstairs cat to expect company but she ignored me. They have tolerated each other in the past. I hope it will be the same this year but they are both older so who knows.

Seasons Greetings to everyone.

- Donna Tettmar, Editor



# A message from our Executive Director Kelly Montgomerie





# JANUARY

### **Upcoming Events**

JAN

12

12:00 PM - 2:00 PM

### **Dine with Dina - Healthy Aging**

- Tuna Casserole
- \$6.00/member

JAN

19

Del Manor - Healthy Brain

- Beef Bulgogi & Rice Korean Inspired ground beef
- \$6.00/member

JAN

26

12:00 PM - 2:00 PM

#### Ray Strong - War of Wasaga

- Pork Chops with mushroom gravy and mashed potatoes
- \$6.00/member









#### Tea at the Legislature

It was a bright, crisp afternoon on Friday, October 13<sup>th</sup> when 26 of us met up in the basement of the Legislature Building on Queen's Park for a tour and tea. Awaiting our tour to begin we had a chance to browse the gift shop and admire the architecture and millwork of the entrance of this still active seat of the Ontario Parliament. Not in session this day, we failed to have a private word with Mr. Ford.

During the tour we discovered an abundance of history of the over 100-year-old building before and after a significant fire caused much of it to be burnt. Marble largely replaced the wooden structure lost whilst creating a much grander



environment. Three actors took on relevant personalities during tour of the displays of art and artifacts enhancing what was being shown. Using topics & dialogue of the day, their performances contributed intimate details from the past making the whole tour much more enjoyable. It was especially interesting to hear firsthand the words of the first woman artist who painted one of the Premiers.



We retired to a beautiful lounge; tables set for tea awaited us. Tea included lemonade, 2 kinds of tea, miniature open face sandwiches, scones with jam, and a variety of little squares and tarts. We were serenaded with popular songs from over a century ago. Further entertainment was a vignette from The Importance of Being Ernest followed by folk songs in English and French.

It was a lovely way to spend an afternoon to

learn, eat and enjoy the ambiance.

Submitted by Margot French

#### Did you know...

'A SHOT OF WHISKEY' - In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash, he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.



"Night Fever" at the Old Mill

On October 14th a group of Syme members visited the Old Mill for a night of music by the Bee Gees.

The Bee Gees span over 50 years of hit songs and have been inducted into the Rock and Roll Hall of Fame. 'Night Fever' is the worlds number one production of the Bee Gees. The Canadian Tribute Band from Toronto can take you back in time to one of the greatest bands in pop history. The songs are done note for note, chord for chord, exactly like the record.





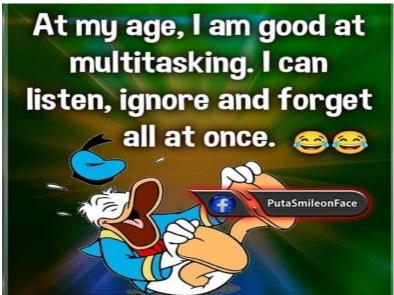
Many songs from the movie 'Saturday Night Fever' were featured. As well as the Bee Gees songs the band played a number of pieces from other bands such as the Beatles and Michael Jackson.

Our group was seated at a table with a perfect view of the band and the many dancers. The service and food were excellent with a menu offering a wide selection of appetizers and entrees. It was an evening filled with wonderful music that had everyone up dancing and singing to their favorite

songs. The Old Mill is a great venue for a night of dining and dancing.

See you soon. Bonnie





Did you know...

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

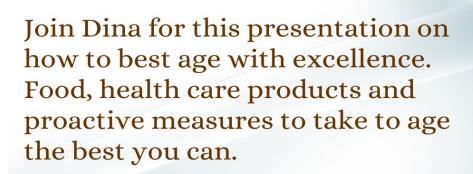
A "jiffy" is an actual unit of time for 1/100th of a second.



## Dine with Dina Healthy Aging

### <u>Friday, January 12, 2024</u>

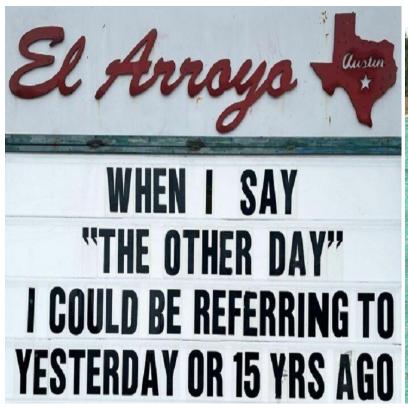
12:00 pm - 2:00 pm \$6.00/member

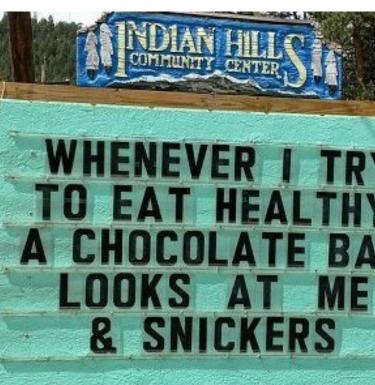












YORK SOUTH—WESTON COUNCILLOR

### RANCES 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

@FrancesNunziata 📢 @Frances.Nunziata.Ward5

COMMUNITY OFFICE

416-338-0220

CITY HALL OFFICE 2221 Keele St. Unit 102 100 Queen St W. Suite C49 416-392-4091

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#### Agawa Canyon Fall Colour Tour- October 1-4, 2023

"Three buses just pulled in," commented a slightly frazzled server at a Tim Hortons in Espanola. "I wonder why they're all here." The woman in line ahead of me replied, "Probably for the fall colours." "Maybe," replied the server. "And may I have your name to put on your order?" "Autumn," came the answer. "A-U-T-U-M-N."

So, there I was, standing behind Autumn in Northern Ontario on a trip to enjoy the fall colours. Visiting the Agawa Canyon is something I've dreamed of doing

for many years. And now it was happening.

Connie Snider, an experienced tour leader with Year Round Travel, was escorting our group of thirty-four on the Agawa Canyon Fall Colour Tour.

As coach driver Ron Jayasingha drove northward, the autumn colours were soon on vivid display. Further north, the dramatic rock cuts brought back childhood memories of growing up in Sudbury.

Some highlights from our trip:

- ◆ Stopping at the French River Trading Post for lunch (a tasty burger) and shopping. I found a stuffed toy chipmunk for the wee grand-daughter; my husband splurged on three flavours of fudge.
- Viewing Sudbury's thirty-foot-tall Big Nickel, which was surrounded with elaborate carved pumpkin displays.
- . Visiting the Canadian Bushplane Heritage Centre in Sault Ste.-Marie. A film shown inside one of the vintage planes gave me a greater respect for our forest firefighters. Bush fires grow fast, are often unpredictable and can get frighteningly enormous. Planes designed to scoop up several tons of water as they glide along the lake surface can then fly up above the flames and water-bomb the conflagration.
- . Viewing a glorious sunset from the boardwalk along the St. Mary's River in Sault Ste.-Marie. We got a great view of the International Bridge which connects the Canadian Soo with its American counterpart.



- Watching the trees flash past the windows of the Agawa Canyon Tour Train, showing yellows, greens, oranges and occasional reds and spotting many beautiful blue lakes and rivers when the view opened up.
- . Seeing the rest of the train curving behind us as we crossed the trestle bridge over the Montreal River.
- . Climbing all 316 steps to the top of the lookout in Agawa Canyon Park, to see a panoramic view of the autumn colours in the canyon. (My legs turned a bit rubbery on the way back down!)
- . Nipping along through a forest trail to see Black Beaver Falls before boarding the train for the return journey. (I didn't get to see Bridal Veil Falls.)
- . A delay of an hour and a half due to a brake problem on the train. Every trip needs something unexpected to happen, right?
- . Getting back to our hotel quite late that evening to find dinner waiting. And it was delicious! Hot barbecued chicken, ham, green and yellow beans, and home fries awaited in chafing dishes, with carrot cake for dessert.
- . Another delicious hotel meal the next morning... a generous breakfast smorgasbord of sausage, ham, scrambled eggs, cinnamon buns, muffins, home fries and yogurt.
- . Boarding the enormous, gaily-painted Chi-Cheemaun ferry, which transported us gently across the North Channel from South Baymouth to Tobermory. In the ferry cafeteria, we watched the wind and the waves as we dug into slices of cherry pie with coffee.
- . Being dropped off at our homes by individual limousine drivers.

A couple of days after our return from the tour, I was chatting with my cousins who still live in Sudbury. They informed me that shortly after we left Northern Ontario, Sudbury experienced its first snow of the season. So, our timing was lucky. We had warm, sunny weather, with only an occasional rain spatter, for all four days of the tour. The weather gods had smiled down on us. Our tour escort, Connie, and coach driver, Ron, worked together smoothly as a team. If you have ever considered exploring the Agawa Canyon, do go. I can recommend this trip as a very rewarding northern adventure.

Submitted By—Pauline Hodge

I want my children to have all the things I couldn't afford.
Then I want to move in with them.
- Phyllis Diller



#### WINTER ACTIVITY

As the days become darker and the chill sets in, all one wants to do is sit by a cozy fire and rest. Being in a city like ours, the cold season is a long one and being sedentary for long periods of time is not only detrimental to physical well being but also emotional health. We have to find creative and fun ways to keep physical activity going all year.

Since wellness is not a singular event, we should incorporate a healthy eating plan, adequate sleep, positive people and energy in our space. Activity, however, is a cornerstone of wellness and cold temperatures are not always conducive to it. Here are a few ideas to add to a winter regimen to maintain a state of wellness:

- 1) Join fitness classes. In a group setting, fitness is a community of like-minded people. The music, energy, and camaraderie are a combination that works to keep you moving and your heart pumping.
- 2) Walk outside. When you bundle up and take a brisk walk on a cold sunny day, it wakes up every cell in your body. The amount of time is not important, but getting out is invaluable. Even 15 minutes makes a world of good.
- 3) Mall walking. This is not a new concept because it is doable and works. Walking indoor where you have space, adds steps to your day and no worries about the outdoor elements.
- 4) You tube fitness videos. These became very popular during covid. They are easy to access and free, can be done anytime, any type of fitness can be found; from a 10-minute stretch to a 1-hour high impact and everything in between.
- 5) Learn or participate in a winter sport. This last tip is probably the most fun. From skating, skiing, snowshoeing, even ice fishing. Doing an outdoor activity is exhilarating. Being engaged in something new is good for body and spirit. It is about enjoying the outdoors on some level.

Winter can be harsh but knowing how to incorporate some level of fitness or activity adds joy and personal growth to your life.

Dina Rizzi angelmusic1@gmail.com



Why must I prove
that I am me to pay my
bills over the phone?
Do strangers call to
pay my Bills? And if
they do, why don't
you let them?

Condolences and Funnies



#### LET'S LAUGH AWAY OUR STRESS WITH ANTS

- 1. 5 ants + 5 ants = Tenants
- 2. To bring an ant from another country into your country = Important
- 3. Ant that goes to school = Brilliant
- 4. Ant that is looking for a job = Applicant
- 5. A spy ant = Informant
- 6. A very little ant = Infant
- 7. An ant that uses a gun = Militant
- 8. An ant that is a specialist = Consultant [
- 9. A proud ant = Arrogant []
- 10. An ant that is cruel and oppressive = Tyrant
- 11. An ant that is friendly and lovely = Coolant
- 12. An ant that has changed from evil to good deeds = Repentant
- 13. An ant that accumulated so much food in summer for use in winter = Abundant
- 14. An ant that isn't willing = Reluctant
- 15. An ant that keeps financial account = Accountant
- 16. An ant that occupies a flat = Occupant
- 17. A huge ant = Giant
- 18. An ant that is important = Significant
- 19. An ant that has big legs = Elephant
- 20. A sarcastic ant = Mordant
- 21. An extremely fast ant = Instant
- 22. A noisy ant = Rant
- 23. An ant that doesn't keep moving = Constant
- 24. A dirty ant = Pollutant
- 25. An ant that annoys = Irritant
- 26. An ant that lacks knowledge= Ignorant
- 27. An ant that can take anything without complaining= Tolerant
- 28. An ant that wastes resources= Extravagant
- 29. A very careful ant = Vigilant
- 30. An ant that maintains good odour = Deodorant
- 31. An ant that finds it hard to move = adamant
- 32. An ant that refused to move = Redundant
- 33. An ant that is into business = Merchant
- 34. A Political ant = Aspirant
- 35. An ant that sues someone to court= Complainant
- 36. A happy ant = Jubilant
- 37. An ant that is patient tolerant
- 38. An ant that does not cooperate recalcitrant
- 39. An ant that doesn't agree easily reluctant
- 40. An ant that runs away from school unjustified Truant

Did you know...

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

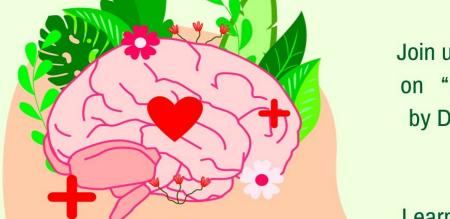




# **HEALTHY BRAIN**

**PRESENTATION** 





Join us for this presentation on "Healthy Brain" hosted by Del Manor Retirement Living.

Learn about what can help aid in the healthy progression of your brain as you age.

**FRIDAY, JANUARY 19, 2024** 

12:00 PM - 2:00 PM \$6.00/MEMBER





#### Vitamin & Minerals (from Baba-mail.com)

Studies show that people with a high intake of antioxidant vitamins (especially from nutrient-dense whole foods) generally have a lower risk of major chronic disease, such as heart attack or stroke.

While most vitamin and mineral needs increase with age due to poor absorption or interactions with medications, some needs decrease.

#### Vitamin A

Absorption of vitamin A *increases* with aging, so vitamin A (retinol) should be avoided in supplement form. In older individuals, getting vitamin A through foods is best.

Adults should aim to get about 2,000-2,500 IU of vitamin A per day, from retinol rich food sources like liver, dairy products, and fish. For carotenoids, the plant form of vitamin A, see recommendations below.

#### Vitamin B12

As we get older, we get less efficient at absorbing vitamin B12, which supports brain and nervous system health. Deficiency is confirmed via blood test. Symptoms include: fatigue, dizziness or loss of balance, and reduced mental function.

Adults need 2.4 mcg of B12 a day from food sources like eggs, dairy products, meat, fish, shellfish, poultry, and B12 fortified foods.

If supplementation is needed (which can be confirmed by a blood test), opt for B12 options that get absorbed directly into the bloodstream, like injections, or drops/lozenges that dissolve under the tongue. To correct a deficiency, supplement with 1,000 mcg a day until normal levels are restored.

#### Vitamin D

Vitamin D is involved in immune system, hormone, bone, and brain health. As we age, our synthesis of vitamin D from sun exposure declines. Especially in northern climates, vitamin D deficiency is extremely common. Moderate sun exposure and vitamin D supplements are recommended, as vitamin D does not occur naturally in high amounts in food.

Adults should take between 800 – 4000 IU of vitamin D a day, depending on the degree of deficiency. Because vitamin D is fat soluble, meaning it's only absorbed in the presence of fat, take supplement with food that contains fat. (continued on next page)



#### Carotenoids, vitamin C, and vitamin E

These vitamins have antioxidant properties and are important for keeping tissues healthy and free from disease. In particular, the lens of eye is easily oxidized, leading to macular degeneration and cataracts.

Especially in the case of *vitamin E and beta-carotene*, avoid supplements, as they have been shown in studies to be ineffective or even harmful, particularly for smokers and those at risk for heart disease. Therefore, it's best to get these nutrients from food.

Carotenoids are rich in orange and yellow colored plants, like sweet potato, squash, and carrots, as well as dark leafy greens, such as spinach, beet greens, or kale.

Vitamin E can be found in nuts, seeds, nut butters, and wheat germ.

*Vitamin C* requirements can be easily obtained by consuming a variety of fresh (uncooked) fruits and vegetables every day.

#### Calcium

We need calcium to regulate heart rate and maintain bone mass, but absorption declines with age.

Men and women aged 50 and older should get 1200 mg of calcium per day. Prioritize calcium intake through whole food sources, such as <u>dairy products</u>, <u>cooked greens</u>, and calcium-fortified foods.

#### Iron

Iron deficiency can result in low energy, poor concentration, and dizziness. Iron status generally improves later in life, especially in women after menstruation.

However, iron deficiency is still possible, usually due to low food intake, chronic blood loss from ulcers or hemorrhoids, poor absorption, antacid use, or the use of certain medications.

Men and non-menstruating women should aim to get about 8 mg of iron per day, from red meats; organ meats; clams and oysters; beans and lentils; and cooked dark leafy greens.

If iron deficiency is confirmed, supplementation may be required.

**Caution:** Before taking an iron supplement, confirm via a blood test that iron is low. Iron taken in excess of requirements is toxic. If iron deficiency is confirmed, adults should take 10-30 mg of elemental iron 1-3 times a day, depending on the degree of deficiency. (continued on next page)



#### Zinc

Zinc deficiency is common in older people and can depress appetite and blunt sense of taste, making eating less enjoyable. Many medications can worsen zinc deficiency.

Adults should try to get between 8-11 mg of zinc a day, from food sources such as oysters; mussels; meat; pumpkin seeds; and beans, peas, and lentils.

If diet is restricted or if a person is on medications that deplete zinc levels, supplementation may also be appropriate.

Tip: To make things easier, you don't have to supplement each of these individually. Rather, look for a multivitamin-mineral supplement formulated specifically for seniors, which should exclude vitamin A. Choose liquid formulas if swallowing is difficult or if digestion is impaired.

For help choosing products, third-party rating sites like Examine and Labdoor provide unbiased, evidence-based suggestions for the most effective supplements and brands.

#### Protein, Carbohydrates & Fats

Macronutrient needs, and the way our bodies metabolizes macronutrients, change as we get older. The ideal macronutrient balance for someone who is 25 may be different from the ideal balance for someone who is 75.

#### Protein

As we age, we may develop "anabolic resistance", which is when protein synthesis decreases. In other words, we need more protein to do the same job.

Healthy older people should aim to get at least 1.0 to 1.2 grams of protein per kilogram of body weight per day. Malnourished or ill seniors should aim to get 1.2 to 1.5 grams of protein per kilogram of body weight per day, or more with severe illness.

For a person who weighs 68kg (150lbs), that translates to about 80-100g of protein, or about 4-5 palm-sized servings of protein per day.

<u>SHOWBOAT</u> - These were floating theatres built on a barge that was pushed by a steamboat. These played small towns along the Mississippi River. Unlike the boat shown in the movie "Showboat", these did not have an engine. They were gaudy and attention grabbing which is why we say someone who is being the life of the party is "showboating".

OVER A BARREL - In the days before CPR, a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel, you are in deep trouble.





TinyPurring is a well-meaning cat rescue group helping rehome cats, mostly in South Etobicoke.

Our top priorities are the cats' health and happiness.

We rescue and socialize community cats and kittens and find them forever homes. Founded in 2016, TinyPurring is a 100% volunteer run non-profit cat rescue. We count on our volunteers and community members to help us continue our rescue work.

TinyPurring traps, neuter/spays and returns (TNR) community cats to their colonies. We provide daily feeding, shelter and medical care for cats in registered colonies to help them lead their best lives outdoors.

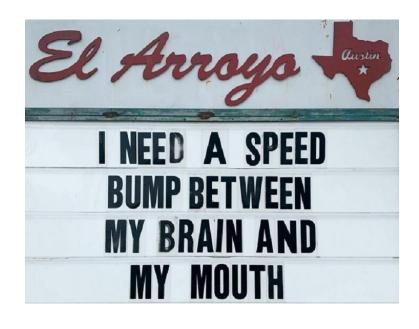
Our vision is that all cats in South Etobicoke will have loving, safe homes, ending the need for colonies. TinyPurring also provides a foster environment for cats in transition to their forever homes.

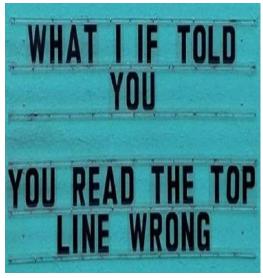
"Run to the rescue and love and peace will follow."

#### **DONATIONS**

Please help us continue our work by: Donating clean sheets, cloths, towels, duvets, blankets, 3-liter milk bags and other plastic bags.

(The donation bin for TinyPurring is located next to the library.)







### Did You Know?

Misplaced your cards?
You can lock both your debit card and credit card
directly from most banking apps?

- Open your banking app on your phone or your online banking on your computer
- Click on the card you would like to temporarily lock
- 3. Click manage
- 4. Click lock card

To unlock card, follow the same steps as above, click Unlock Card









# **WAR PRESENTATION**

WITH RAY STRONG

WAR OF 1812 IN UPPER CANADA-WASAGA BEACH

12:00 PM -2:00 PM

\$6.00/MEMBER







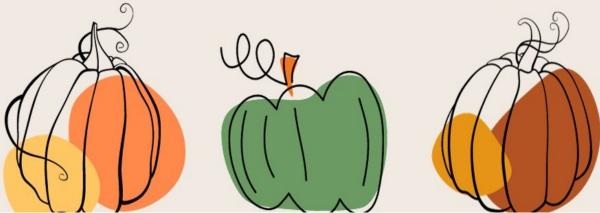




On October 4th, volunteers from Haney Centre spent the afternoon with us and gave out gift cards to our food bank clients.

Haney Centre is a specialized, community based program that provides opportunities for students with developmental disabilities with a focus on employability, independence and social skills.







#### Friday Lunches

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

Sept 29<sup>th</sup> - Delicious pot pie, buns and apple pie was followed with Dina giving a presentation on Nutrition and Healthy Aging. She discussed the benefits of nutrition and how it helps with the aging process.

Oct 6<sup>th</sup> - Thanksgiving lunch, ham with all the fixings. June Jones from Lifeline demonstrated how lifeline works. Very important and interesting information.

Oct 13<sup>th</sup> - This was an offsite event where many of our members had Tea and Tour at the Legislature.

Oct 20<sup>th</sup> - Chinese Food for lunch was a hit. A representative from the Lynette Funeral Home distributed booklets and spoke about planning your funerals and the importance of having a will.

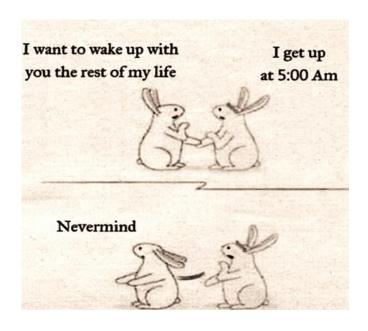
Oct  $27^{th}$  - Halloween lunch was lasagna with garden salad. We were entertained by Edward the Magician and Juggler. Really a great show and ended with him actually showing how a couple of the acts were performed.

Nov 3<sup>rd</sup> - Stuffed peppers and yummy cherry bomb cake. Music therapy with Dina was relaxing as we enjoyed music and explanations of the benefit of music therapy for mental health.

Nov 10<sup>th</sup> - Chicken souvlaki with potatoes. We were entertained by Estella Mellisa (Sabine) with her own music. Very enjoyable.

Dec  $1^{st}$  - Salmon with a creamy spinach sauce, couscous and cinnamon roll. Dina gave a talk on Meditation for Mental Health, then played a 15-minute tape.

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











# VOLUNTEERS NEEDED



Become a Syme Delta Bingo volunteer.

Training Provided. For every shift worked you will receive an honorarium.

For more information please contact us at: cleriese@syme55.com or (416) 766-0388

I will be posting telepathically today. So if you think of something funny, that was me.

I do not want to brag,
or make anybody
jealous or anything,
but I can still fit
into my earrings that
I wore in high school!



### The Many Faces of Syme





### 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.

Tasira Strimban Norberto Carov Gerry Keating Louise Pacholski Kathryn Marsh Margaret Ryan

Zenia Sowinski Charlene Barnett



#### Annual General Meeting

This important event will be held in April 2024. Elections for the Board of Directors will be held. Our audited financial statement will be presented. Other important matters will be brought forward.



### **Upcoming Events**



#### **Mandarin - Chinese New Year**

- Meet at restaurant
- Price to be determined



#### **Health Fair - Reconnect**

- Sandwiches and light snacks while supplies last
- FREE



#### **Hearing Presentation**

- Fish & Chips with Mushy Peas
- \$6.00/member



#### **Black History Month Luncheon**

 Rasta Pasta with Jerk Chicken Breast \$12.00/member



#### Niagara Holiday Show Tour, November 22 to 24, 2023

#### Day 1

I was picked up at my home right on time and driven to the place where the coach was waiting. Cathy, my travel buddy, was already on board. We left, again on time, and headed for Niagara on the Lake for a delicious buffet lunch at the beautifully decorated and truly fabulous Queen's Landing Restaurant. The food was delicious and colourful too. After lunch we visited the Niagara Parks Greenhouses which showcase an area of tropical trees and plants, a desert area with impressive cacti and succulents and a gorgeous area decorated for Christmas with hundreds of different varieties of Poinsettias. What a treat! We



then stopped at the Niagara Casino for those who wanted to register gaming cards and pick up their free slot coupons. Next, we booked into our rooms at the Holiday Inn. That evening we boarded the bus and were driven to the Skylon Tower where we dined 775 feet above the Falls in the revolving restaurant. It makes a complete turn every hour and the views are stupendous. My salmon dinner was perfect. After dinner we were driven through the world-famous Niagara Winter Festival of Lights. For almost half an hour we drove past not only trees hung with lights but an assortment of animals and birds too. Even a Narwhal! We were told that over 3 million lights are utilized.

#### Day 2

It was a sunny morning so after a light breakfast, Cathy and I walked down to the Falls and watched the two torrents thunder down for awhile. Niagara Falls never fails to enthrall me. After puffing back up the steep hill to our hotel we met the others at the bus and headed for lunch at Betty's Restaurant in Chippewa. Betty's is famous for its fish and chips and lemon pie with 4-inch high meringue. Cathy and I enjoyed the fish and chips, but they also offered a sizeable turkey dinner...for lunch. The bus then carried us to Chocolate FX and then to Picard's Peanuts, back near Niagara-on-the-Lake. I found some tasty Christmas gifts at these 2 stores. While some on the bus were driven to the Penn Centre in St. Catharines to do some Christmas shopping others returned to the hotel to freshen up, have a nap, go for a swim, read a book or relax at the casino. Dinner was at Coco's Steakhouse located in the Holiday Inn. Cathy and I ordered our third fish dinner. (continued on next page)



After dinner we trekked across the road to the new 5,000 seat OLG Casino Theatre where we were treated to the dazzling Sarah Brightman Holiday Show. The orchestra and back up singers were first class and Ms. Brightman entertained us with a mixed collection of Christmas songs, opera arias and a few of the songs from musicals that she had starred in. Her outfits sparkled and shimmered; I lost count of her costume changes. What a perfect voice she has, with a wide range all delivered flawlessly and with much feeling. The concert was a special treat. After the show the crowds flooded into the casino to try their luck. Some of our group stayed a while, others stayed longer—'what happens in Niagara Falls stays in Niagara Falls.'

#### Day 3

After a bigger breakfast this morning, Cathy and I went out for another walk and explored the gardens and pathways outside the casino building. There is another good view of the Falls from there. At 11:15 we boarded the bus for Niagara on the Lake to see Brigadoon at the Shaw Festival Theatre. The performance was outstanding with unforgettable choreography, singing and staging. We had seats in the fourth row! After that we returned to our bus for a short drive for a final 'pit stop'. After all our fine dining experiences, the highway stop was an unkind dose of reality. Then we were driven back to Toronto where the shuttle cars were waiting to drive us home.

Kudos to Year Round Travel and the Syme55+ Travel Committee for selecting and promoting this enjoyable 3-day outing.

Submitted by Krys Angel

#### Did you know...

The first city to reach a population of 1 million people was Rome, Italy (in 133 B.C.)

### YOU KNOW YOU ARE LIVING IN 2023 when...

- 1. You accidentally enter your PIN on the microwave
- 2. You haven't played solitaire with real cards in years.
- 3. You have a list of 15 phone numbers to reach your family of three.
- 4. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 80) years of your life, is now a cause for panic and you turn around to go and get it!





#### 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.

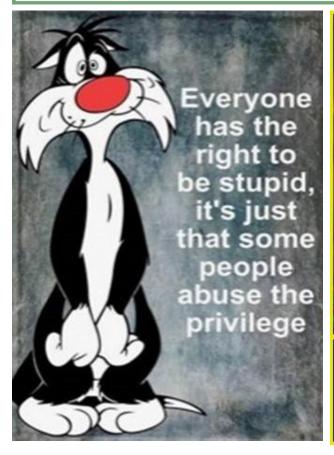
#### Directions:

- 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 BOUNTEOUS: meaning—Giving generously. .

The average mark is 31 words in 40 minutes. Can you find 42 or more words?

(The results can be found elsewhere in this newsletter)









## Syme 55+ Seniors' Centre Health & Wellness Fair 2024

### We will have the following:

- Vendors
- Seminars/Demonstrations
- Giveaways/Grab Bags
- Free lunch while supplies last

Friday, February 9, 2024 10:00 am - 2:00 pm Come and reconnect with us for our annual Health & Wellness Fair.

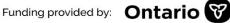
We are back in person.

#### LOCATED AT:

33 Pritchard Ave (Jane Street & St. Clair Ave W.) (416) 766-0388









### What to Expect in Your 70s

Medically Reviewed by Poonam Sachdev on August 28, 2023, Written by Shawna Seed

#### Is This Normal?

The way you grow older is specific to you. Lifestyle, among other things, can play a role in the process. But some changes in your 70s are universal, because they're the result of the way your body works. Experts sometimes call this "pure aging." These shifts happen in everyone who lives long enough. You can't avoid them, but you can prepare if you know what to expect.

#### **Your Mind**

Parts of your brain shrink as you get older, and signaling between different areas can slow. That means you may have trouble remembering names or coming up with a specific word. It may be harder for you to multitask and pay attention. If that makes you concerned about Alzheimer's disease, don't worry -- these are normal changes. Alzheimer's and other types of dementia cause much more severe trouble with memory and everyday tasks.

#### **Your Heart**

As you age, your heart can't beat as fast during exercise or when you're stressed. As its walls get thicker and its valves get stiffer, blood may not flow through as efficiently. The heart's electrical system may start to glitch, which can cause an irregular heartbeat. The most common problem is artery plaque buildup. But you can lower your risk of trouble with healthy habits, such as exercise, a heart-healthy diet, and not smoking.

#### Your Skin

Age spots and wrinkles are no surprise, but you may also find that you bruise more and sweat less. Your skin may be drier and more paperlike. It might be itchy and more easily irritated, too. It can help to switch to gentler soap and use moisturizer and sunscreen regularly. You might also try a humidifier.

#### **Nutrition**

Your metabolism slows as you age. You may need to cut calories to prevent weight gain. On the other hand, some people find that they don't get as hungry or thirsty as they used to. As you eat less, choose foods that pack more nutrients into fewer calories, such as fruits and veggies, whole grains, low-fat dairy, and lean protein. Changes in your body could leave you short of vitamins D and B12, so you might need supplements, too.

#### Your Bones, Joints, and Muscles

About 1 in 4 women -- and some men, too -- over 65 have osteoporosis, a bone-thinning disease. Your muscles get weaker, and the tendons -- which connect muscles to your skeleton -- get stiffer. This will decrease your strength and flexibility. In your 70s, you might lose an inch or two off your height as disks in your back flatten. Exercise, especially the weight-bearing kind, can help prevent these changes and may even reverse them.

(continued on next page)



#### Your Sleep

When you're older, you spend less time each night in deep sleep and more in lighter phases. You might wake up more and have trouble going back to sleep. Insomnia can be an issue in your 70s, especially for women. You might also find yourself falling asleep and waking earlier. Despite the changes to your sleep patterns, you still need 7-8 hours a night. Do what you can to keep good sleep habits, and talk to your doctor about any troubles.

#### Your Immune System

Your body's defenses lose a step in your 70s, which leaves you more vulnerable to illness. Vaccines don't work as well as they once did for you, but because you're susceptible to infection and viruses, it's still important to get shots for flu, pneumonia, and shingles. On the plus side, allergies are less severe and autoimmune disorders are rare at this age.

## Your Digestive System

Your stomach lining is more fragile, which raises your odds of having ulcers. That's especially true if you take a lot of aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs). Perhaps the most common problem at this age is constipation. Part of the reason is that your digestive system doesn't move food through quite as well as before. Medications and lack of exercise may also play a role.

#### Your Urinary Tract

Your bladder can't hold as much as it once did, and your muscles that support it have lost some strength. They might also squeeze when you don't really need to go, which leads to an overactive bladder. All these things can send you to the bathroom more often. Many women in their 70s have trouble with urine leaking. Prostate trouble, which affects many men this age, can cause trouble going, too.

#### Your Sexuality

Research suggests that more people in their 70s today are sexually active than in previous eras. But there may be more challenges. You and your partner might have vaginal dryness or erectile dysfunction, as well as other health problems. Body image and stress can play a role, too. But you don't have to give up on sex. Talk with your partner about what's enjoyable, and ask your doctor for help with any medical issues that affect sex.

#### Your Vision

Your pupils react more slowly to changes in light, because your eye muscles are a bit weaker. You'll need more time to adjust when you move between the indoors and bright sunlight. Some fine details are hard pick out, because there are fewer cells to send messages about what you see back to your brain. The lens gets thicker and more yellow, which makes it hard to see in dim lighting and makes colors less vibrant.

#### Your Ears

About one-third of people ages 65-74 have hearing loss, and about half of those over 75 do. High-pitched sounds are especially hard to make out, and that makes it hard to understand what others are saying. You may be able to figure out the vowels but not the consonants.

(continued on next page.)



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Background noise also can interfere more with your conversations. If you find it harder to hear everyday sounds, talk to your doctor about things that can help.

#### Steps You Can Take

You can't turn back the clock, but there are a lot of ways to stay healthy in your 70s. Diet and exercise are important. Monitor your health, especially when it comes to watching for problems like cancer and heart disease. Stay active socially, and challenge yourself mentally -- they will help fight mental decline. And talk to your doctor about changes in vision, hearing, digestion, and other issues so you can keep thriving with age. (From WebMD)





Did you Know...

In the Northern Hemisphere, meteorological fall is defined as the months of September, October and November and starts on September 1<sup>st</sup>.

Astronomical fall starts in the Northern Hemisphere with the arrival of the autumnal equinox Sept. 22.

Solstices designate the point where the Sun's path in the sky is the farthest north or south from the Equator, which occurs around the 20th and 21st of June and the 21st and 22nd of

December.

The equinoxes are when the Sun is right over the Equator, in between the two Tropics. They occur around March 21st and September 23rd and mark the beginning of spring or autumn.

The beginning of spring is the vernal equinox, while the beginning of autumn is, conveniently, the autumnal equinox.

Solstices are the longest and shortest days of the year, while equinoxes occur when the day and night are equally as long.







## Our Drag Brunch Outing





If you didn't sign up for this event, you missed a fantastic afternoon.

The Travel Committee of Syme 55+ Centre organized an afternoon of music, laughs, food and fun at the "Lula's Lounge".

I didn't know what to expect, but when the show started, I was shocked, that these were men and not women.

One of the dancers named "Virgo" had a set of legs, long and slim that any of us ladies could have died for and the way she moved with such sex appeal. I think any guy could have gone for her, if they didn't know she was a guy.

I could not believe my eyes, of the transformation from a man to a woman.

It was a wonderful time, to see what drag is all about.

- Submitted by Lola Kratz

Did you know ants never get sick? It's because they have little Anty Bodies... A woman with a salad walked past me in the restaurant and said you know a cow died so you could eat that beefburger. I said if you weren't eating its food it might have lived.







#### 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:							
Posta	Postal Code: Phone:						
Yes, I would like to support Syme 55+ Centre with a charitable donation.							
	Contributor Friend	under \$25.00 \$25-\$49					
	Supporter	\$50-\$99					
	Associate	\$100-\$299					
	Companion	\$300-\$999					
	Angel	\$1000 and over					
	Other						
Please make cheques payable to:							
The George S. Syme Senior Centre of York							
A receipt for income tax purpose will be mailed to you.							

## Bereavement Receptions

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



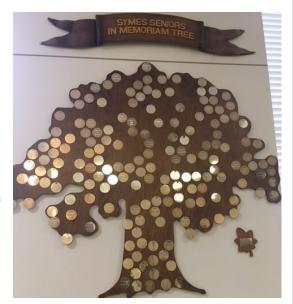
#### In Memoriam Tree

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.





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 no later than March 1, 2022

Did you know...

Babies are born without kneecaps.

They don't appear until the child reaches 2 to 6 years of age.



## From your Travel Committee:

#### **DINE WITH SYME**

Come and join us for dinner. We have selected 3 restaurants to socialize at during the winter months.

Please register in the office so we will know how many to expect.

#### The Olive Restaurant

When: Tuesday, January 16, 2024

Time: Meet 4:30 PM

Where: 100 The East Mall, Etobicoke

(SWcorner of North Queen and The East Mall)

Features: washrooms on main floor

lots of free parking

www.oliverestaurant.ca

#### St. James Gate

When: Tuesday February 20, 2024

Time: meet 4:30 PM

Where: St. James Gate - 5140 Dundas St. W.

Etobicoke (e of Kipling, n side of Dundas)

Features: washrooms on main floor

Parking in front and behind the restaurant

www.sigtoronto.ca

#### Ikea

When: Tuesday March 19, 2024

Time: 4:30 PM (upstairs)

Where: Ikea 1475 The Queensway, Etobicoke

(w of Kipling, s side of The Queensway)

Features: washrooms and restaurant on 2nd

floor

www.ikea.com









The Next Chapter

#### What Members are Reading

Hello fellow bibliophiles. Welcome to the latest column for those that enjoy a good read - especially important when the days get short and the evenings long and cold. In this issue I will be reviewing the works of Frederick Forsyth. If this name does not ring a bell, then I give you The Day of the Jackal and The Odessa File. These two titles were Hollywood features based on the novels of the same name written by the aforementioned Mr. Forsyth. He has produced fifteen other novels (I have listed these for you at the end of this article) and a number of c ollections of short stories. With the help of my local libraries, I have managed to plow through every one of them and enjoyed each one. Perhaps my propensity to devour the entire works of an author who catches my fancy indicates a touch of OCD in my DNA chromosome helix. Forsyth's milieu is the action thriller which explains why so many of his stories transfer well to the big and small screen. You will learn of the internal machinations of mercenaries, assassins, Nazis, murderers, terrorists, special forces soldiers, fighter pilots, computer hackers, you name it, Perhaps this will also entice some of the male members of Syme to pick up one of these fast-paced novels.

One of the novels deserves special mention -The Fist of God because the evil genius scientist in the plot is the true to life Canadian, - Gerald Bull of space cannon fame. The plot has a flavour of 2023 current events as Bull designs an artillery piece that Iran intends to use to lob nuclear tipped shells into Israel thus eliminating the Jews as a people and a state. You will have to read it to find out if religious Armageddon occurs or not.

As a primer to his novels I recommend No Comebacks - a collection of ten short stories and not a single spy master in any of them. The stories highlight Forsyth's skill in spinning a yarn and each plot has twists and turns with a surprise ending at the conclusion of each in a Rod Serling kind of fashion. Although the style is a bit different from his novels, the tightness of the short story format makes for a satisfying read and I highly recommend it to those who want to read more but find excuses not to.

#### About the author

Frederick McCarthy Forsyth CBE (born 25 August 1938) is an English novelist and journalist. He is best known for thrillers such as The Day of the Jackal, The Odessa File, The Dogs of War, and The Fist of God, Forsyth's works frequently appear on best-sellers lists and more than a dozen of his titles have been adapted to film. By 2006, he had sold more than 70 million books in more than 30 languages.

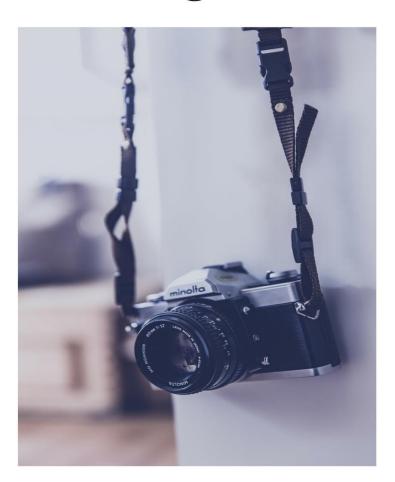
#### Novels by Frederick Forsyth

The Day of the Jackal	The Odessa File	The Dogs of War		
The Devil's Alternative	The Fourth Protocol	The Negotiator		
The Deceiver	The Fist of God	Icon		
The Phantom of Manhattan	The Afghan	The Cobra		
The Fox	The Kill List	Avenger		



## 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





#### You Have Got To Eat Here







From Donna - <u>Miller Tavern</u>, 3885 Yonge St. (south of Wilson/York Mills) 416-322-5544, complimentary parking in the back, washrooms on the ground floor, reservations recommended.

I had the most delicious prime rib dip that I have ever had accompanied by a salad which was crisp, fresh with a light dressing. My companion was equally pleased with her order, a portabella mushroom burger and fries. The service was attentive and we were unhurried, in fact, I had time for 3 cups of coffee. It was not inexpensive but we sat outdoors under an umbrella among the trees. What a lovely way to spend an afternoon! I am looking forward to returning.

From Marlene - <u>Tall Trees</u>, 87 Main St. E., Huntsville, 705-789-0769, parking in front, washrooms on the main floor, reservations definitely recommended, rated 4.5 with \$\$\$ by TripAdvisor.

After reading about Louise Penny's Three Pines, who could resist trying this restaurant. It really is unique. Beside the main building there are several individual screened rooms for dining. All sitting on a hill surrounded by trees. Then there is the food which was fabulous. We had French onion soup, ravioli, Georgian Bay white fish and BBQ ribs. Everything was delicious. It was a perfect setting with wonderful food.

From Kathryn - <u>Crème de la Crème</u>, 2991 Bloor St. West (east of Royal York Rd.) 416-237-9414. Open daily 7AM-4PM. Washrooms are on the main floor, accessible, street parking only.

This breakfast-lunch café serves a variety of items. The French toast came with REAL maple syrup, accompanied by fresh fruit. There were eggs, sandwiches, benedicts and salads. Everything was fresh and our coffee was replenished frequently. It was reasonably priced.

From Virginia - <u>Bellona</u>, 276 Jane Street, 416-604-8777. Washrooms and a group dining room are in the basement. Reservations recommended on weekends. Street parking only, Closed Mon, Tues-Thurs open 5PM-9PM, Fri-Sun open 12PM-9PM.

This new plant-based restaurant opened last December. It, has become very popular and is my 'go-to' place to take family or friends. Delicious and generous servings of salad, pizza and pasta. With several appetizers and dessert options. Be sure to save room for tiramisu - it's to die for.



#### More You Have Got To Eat Here

From Judy- <u>3 Brewers</u>, 275 Yonge Street, 647-347-6286 (opposite The Eaton Centre). Handicapped washroom is on the main floor. Reservations accepted.

Wine is also available at this microbrewery restaurant. Many different kinds of craft beer are brewed on site. There is an extensive menu of reasonably priced items for your eating pleasure. We had sliders and 'Flammekueches'. All was yummy good! The service was quick and the server cheerful and helpful with explanations-who knew what a flammekueches was. Check out their website.

From Penny- Wvrst, 65 Front St, Unit 371 (inside Union Stn complex), several new locations.

The menu includes many different kinds of pretzels, sausages, sandwiches, Belgian fries and dips and salads. I had schnitzel and fries, very tasty and filling. At this location the washrooms were outside the restaurant. They have a varied beverage selection. Check out their website: the menu includes pictures so you will know the different sausages etc.

From Julie- <u>Chinatown</u>, 1790 Jane St., 416-248-6646, wwwwestonchinatown.com, open daily except Tuesday, good prices, very limited street parking

If you're looking for good Chinese food, Chinatown at Jane and John Street in Weston, is where it's at. I am not new to their food as my family and I always looked forward to ordering from them when we would visit from Nova Scotia. The food is always fresh and delicious. I think they have the best chicken balls around with a unique batter and they don't skimp on the chicken. Their special eggs rolls are amazing filled with not only veg but pork and shrimp pieces. Give them a try, you will not regret it. (take out only)





## 5 Delicious Teas for Asthma Relief and Respiratory Health.

Shortness of breath, coughing, and wheezing are the hallmarks of asthma, a common chronic condition that affects the airways and makes breathing and physical activities more difficult. But allergy sufferers, those recovering from the flu or those suffering from any other acute or respiratory condition will also likely experience similar symptoms. While medical treatments intended can address the respiratory issue you or your loved one is experiencing, it's certainly also useful to supplement them with healthy lifestyle habits, such as breathing exercises. Another excellent way to support the health of your respiratory system is through drinking tea, as certain herbs contain active natural compounds known to improve asthma symptoms and breathing difficulties. Below, we have listed the 5 best tea varieties shown scientifically to bring relief to respiratory issues and asthma symptoms specifically.

Licorice Tea (Glycyrrhiza glabra) Like Licorice tea is made of dried and ground up licorice root, a powerful herbal remedy that's known to promote cardiovascular health, offer pain relief, and has been used to diminish asthma symptoms for centuries. The sweet and aromatic root naturally contains a compound called glycyrrhizin, which has been shown in animal model /asthma treatments.

<u>How to make licorice tea</u>: Bring 8 oz (240 ml) water to a boil, and then add 2 teaspoons of dried licorice root, chopped up into small pieces. Remove from the heat, cover with a lid, and let the tea steep for 5 minutes. Strain and enjoy warm or cold. Avoid drinking more than 1 cup (240 ml) of licorice root a day, as excessive daily consumption may increase your blood pressure and have other adverse side effects. If you have cardiovascular issues or other pre-existing conditions, ask a health professional if licorice tea is safe for you.

Green and Black Tea (Camellia sinensis) Like Both black and green tea come from the same plant, and both are rich in caffeine, antioxidants, and other plant compounds known to improve breathing and clear out the airways, as well as lower your risk of numerous diseases and aid weight loss. More specifically, the antioxidants present in green tea may address the cause of asthma and other respiratory conditions - inflammation, whereas caffeine provides temporary relief, as it is capable of relaxing the airways for up to 4 hours after absorption. Additionally, one large Korean study also found that drinking 2 cups of green tea a day made participants have a much better lung function in general compared to those who didn't drink tea.

How to prepare black and green tea will depend on the brand and variety of tea, so it's best to consult the instructions printed on the packaging of the tea you have at home.



Mullein Tea (Verbasscum thapus) Like Another herb known for its remarkable respiratory health benefits is the common mullein, the leaves of which are dried and used to prepare a yellow-colored tea with a refreshing and subtly sweet taste. This tea has been used in traditional medicine specifically as a remedy for respiratory issues ranging from a wet cough to bronchitis and asthma. Studies support the use of mullein for respiratory issues and asthma, suggesting it may help symptoms like coughing and wheezing. The herbal tea may also reduce inflammation and relax the muscles in your respiratory system, which can help with the feeling of tightness in the chest and shortness of breath.

How to prepare mullein tea: Add in 1 teaspoon of dried mullein leaves into 1 cup (240 ml) of boiling water. Then, steep the tea for 15-30 minutes, subsequently straining out the leaves and drinking as is.

Ginger Tea (Zingiber officinale) Like It seems that there are very few health concerns Ginger Tea can't help with, which isn't surprising given that ginger root is such a powerful anti-inflammatory substance. The antioxidants present in ginger, such as gingerols and shogaols, reduce the inflammation in the airways, which may ultimately alleviate respiratory symptoms, breathing distress, and asthma symptoms. One study even reported that asthma patients who took 450 mg of ginger extract every day noticed 20% less wheezing and 52% less chest tightness compared to the placebo group after 2 months of taking ginger.

How to make ginger tea: Finely grate a one-inch (2.5 cm) piece of peeled ginger and add to 1 cup (240 ml) of boiling water. Depending on how spicy you like your ginger tea, steep the tea from 10-20 minutes, then strain and enjoy as is or with some lemon and honey.

Eucalyptus Tea (Eucalyptus globulus) The last, but certainly not the least item on our list is eucalyptus tea, which is made from dried eucalyptus leaves. Make sure NOT to prepare this tea with eucalyptus essential oil instead of dried leaves, as the essential oil is highly concentrated and toxic when ingested, whereas the leaves of the plant are safe to brew into a tea. Studies have confirmed that an ingredient called eucalyptol naturally present in the leaves of the plant is capable of decreasing inflammation, expanding the airways in your lungs, and reducing mucus production.

One article even reported that taking 600 mg of eucalyptol every day reduced asthma patients' need in medication by 29% compared to placebo.

How to make eucalyptus tea: Steep 1.5 teaspoons of dried eucalyptus leaves in 1 cup (240 ml) of boiling water for 10 minutes. Strain the leaves before drinking and enjoy cold or warm.

From: <a href="https://www.ba-bamail.com/health/lungs-and-breathing/5-delicious-teas-for-asthma">https://www.ba-bamail.com/health/lungs-and-breathing/5-delicious-teas-for-asthma</a> -relief-and-respiratory-health/

## TOMORROW

One of the greatest labour-saving devices of today.



## Word Fun—Bounteous

(Directions appear elsewhere in the newsletter.)

Bent	Besot	Best	Bone	Bonus	Boon	Boost	Boot
Bosun	Bout	Bunt	Bust	Oboe	Obtuse	Onset	Onto
Onus	Oust	Unto	Nest	Noes	Noose	Nose	Note
Tenuous	Tone	Tonus	Tube	Tune	Ebon	Sent	Snob
Snoot	Snout	Snub	Soon	Soot	Steno	Stone	Stub
Stun	suet						

When you're stressed, you eat ice cream, chocolate and sweets.
DO YOU KNOW WHY?
Because "stressed" spelled backwards is "desserts."

Weight loss goals: To be able to clip my toenails and breathe at the same time.



#### Random Thoughts

- · · Still trying to get my head around the fact that 'Take Out' can mean food, dating, or murder.
- · · Threw out my back sleeping, and tweaked my neck sneezing so I'm probably just one strong fart away from complete paralysis.
- •• The older I get, the more I understand why roosters just scream to start their day.
- • Being popular on Facebook is like sitting at the 'cool table' in the cafeteria of a mental hospital.
- · · You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen'.
- How did doctors come to the conclusion that exercise prolongs life, when.... the rabbit is always jumping but only lives for around two years, and...the turtle that doesn't exercise at all, lives over 200 years.
- · · If only vegetables smelled as good as bacon.
- •• I woke up this morning determined to drink less, eat right, and exercise. But that was four hours ago when I was younger and full of hope.
- • Anyone who says their wedding was the best day of their life has clearly never had two candy bars fall down at once from a vending machine.
- • We live in a time where intelligent people are silenced so that stupid people won't be offended
- •• The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot
- · · It's weird being the same age as old people.
- · · Just once, I want a username and password prompt to say CLOSE ENOUGH
- •• Last night the internet stopped working so I spent a few hours with my family. They seem like good people.
- · · We celebrated last night with a couple of adult beverages ..... Metamucil and Ensure.
- •• You know you are getting old when friends with benefits means having someone who can drive at night.
  - · · After watching how some people wore their masks, I understand why contraception fails.
- · · Some of my friends exercise every day. Meanwhile I am watching a show I don't like because the remote fell on the floor.
- · · Now that Covid has everyone washing their hands correctly...next week...Turn Signals.
- · · Someone said, "Nothing rhymes with orange." I said, "No, it doesn't."
- •• The pessimist complains about the wind. The optimist expects it to change. The realist adjusts his sails.
- • There's a fine line between a numerator and a denominator. Only a fraction of people will find this funny.
- · · Reading gives us someplace to go when we have to stay where we are.
- · · I have many hidden talents. I just wish I could remember where I hid them.
- · My idea of a Super Bowl is a toilet that cleans itself.
- •• Apparently exercise helps you with decision-making. It's true. I went for a run this morning and decided I'm never going again.

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Classes	Description					
Low Intensity						
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.					
Barr Fitness	Elements of dance, pilates and yoga into a light workout that will help with your posture and flexibility while strengthening your entire body.					
Zumba Gold  Lower intensity version of the Latin inspired choreographed dance workout, the focuses on range of motion and balance.						
Yoga Stretch, breathe, strengthen and balance to facilitate an integration of body, making spirit.						
Medium Intensity						
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing up but can also accomadate seated exercise.					
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 imp ability to move freely without pain. Strength and stretching movements to mincrease flexibility, improves the range of motion in our joints and prevents						
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					
	High Intensity					
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.					
~ 10000	principly actioned class. I ower wanting, action dance and finerval italiffing.					
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.					
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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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.					
Drum Fitness Functional 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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.					
Drum Fitness  Functional Fitness  Chair Boxing	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics  Knitters Club	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.  Pay as you Play = P.A.Y.P. \$2.00					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics  Knitters Club  Games  Bridge	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.  Pay as you Play = P.A.Y.P. \$2.00  Enjoy a game of Bridge.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics  Knitters Club  Games  Bridge  Ping Pong	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.  Pay as you Play = P.A.Y.P. \$2.00  Enjoy a game of Bridge.  A great game of hand eye coordination, played with 2 or 4 players.					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics  Knitters Club  Games  Bridge	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.  Pay as you Play = P.A.Y.P. \$2.00  Enjoy a game of Bridge.  A great game of hand eye coordination, played with 2 or 4 players.  Come hang out and play a friendly game of Scrabble.  Join us in a relaxed atmosphere where you can have fun and meet others while					
Drum Fitness  Functional Fitness  Chair Boxing  Flex-N-Stretch  Clubs  Wood Carving  Choir  Timely Topics  Knitters Club  Games  Bridge  Ping Pong  Scrabble	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.  Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.  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.  Class consists of a routine that increases flexibility and joint mobility through stretching exercises.  Description  Create works of art with wood and sharp tools.  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.  Weekly speakers and lively discussion.  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.  Pay as you Play = P.A.Y.P. \$2.00  Enjoy a game of Bridge.  A great game of hand eye coordination, played with 2 or 4 players.  Come hang out and play a friendly game of Scrabble.					



	PLEASE PRINT	INFORMATIC	N - THANK	YOU		
FIRST NAME:		LAST NAME:				
FIRST NAME.		LASI NAME.				(ALL
PHONE NUMBI	ER:		TAG #: X _			NUMBERS)
	SYME WINTER 20	24 CLASS REC	<b>SISTRATION</b>	FORM		
(I	Session Date: Monday, J No Classes Friday, February 9 <sup>th</sup> ,				o <sup>th</sup> , 2024)	
PLEASE REGI	STER FOR ALL PROGRAMS	YOU MAY BE A	TTENDING II	NCLUDING	GAMES A	ND CLUBS
	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
MONDAY	Centre Closed: Monday, February 19 <sup>th</sup> , 2024 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		
Melissa M.	1C Barr Fitness	Gym	11:50 AM	12:50 PM	\$ 33.00	
Julie T.	1D Osteo Keep Fit	Church Hall	12:15 PM	1:15 PM	The second second second second	
Games	Ping Pong	Gym	1:30 PM	2:30 PM	P.A.Y.P	
Julie T.	1E Chair Boxing	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
TUESDAY	24 G 1' D	C	0.00.114	10.00.114		
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 33.00	
Club	Timely Topics	Conference Room	9:30 AM 10:00 AM	11:00 AM		
Games Varian E	Mah Jong	Gp Room		12:00 PM	P.A.Y.P	
Karen F. Karen F.	2B Line Dancing 2C Drum Fitness	Gym	12:15 PM 1:30 PM	1:15 PM 2:30 PM	\$ 33.00 \$ 33.00	
WEDNESDAY	2C Druin Finless	Gym	1.30 PM	2.30 PM	\$ 33.00	
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Rebel K.	3A Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
Elaine F.	3B Tai Chi Intro/Continuing	Gym	12:15 PM	1:15 PM		
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	
THURSDAY	<b>1</b>					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 13.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Melissa M.	4A Zumba Gold	Gym	1:00 PM	2:00 PM	\$ 33.00	
Sheldon G.	4B Smartphone 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	
FRIDAY	Centre Closed: Friday, February 9 <sup>th</sup> & Friday, March 29 <sup>th</sup> , 2024 There Will Be No Classes					
Silvana S.	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	
	W E A CE DE A D DEFONE DE	CICERDING		Class &	& Club Total	
1	<u>PLEASE READ BEFORE RE</u>	GISTURING	1	2024 Membership		\$30.00
				2021	Donation	Φ.Ο.Ο.Ο
1 D						
	s required for all programs, clu			GRA	ND TOTAL	
2. Anyone presenting with symptoms of illness will be denied entry. You are CASH CHEQUE				QUE DEBI	T/CREDIT	
	home if you are unwell.		T is			
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.					<b>5</b> 5+	
5. Upon Provincial/City guidelines, in person programming may be subject to cancellation.						
	NO REIMBURSEMENT if th	nere is a cancella	tion due to			
6.There will be <b>NO REIMBURSEMENT</b> if there is a cancellation due to Provincial/City guidelines.				Tel	Ave, Toronto, : (416) 766-0 ww.syme55.c	
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# SPRING REGISTRATION

MONDAY, MARCH 25, 2024

11:00 AM



