

# A Syme of the Tymes

Volume 18 Issue 1

## SUMMERTIME

*Syme*  
**55+**  
CENTRE



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

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

Photo: Bev Sidorchuk



Above: facing Pritchard Ave.

Below: Board of Directors 2025-2026





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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: yearly, January-December

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

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

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

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

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



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



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

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



### MYSYMECENTRE

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

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

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

## STAFF

**Kelly  
Montgomerie  
Executive  
Director**

**Cleriese Lewis  
Program  
Manager**



## REGISTRATION FOR PROGRAMS

Next registration day is **Friday September 12th**. Please register at the office for the next session or within a week afterwards to allow for planning. All participants in classes, clubs and games must register using the registration form.

### PROGRAM POLICIES

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



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

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

**PLEASE VOLUNTEER!**  
(sign up at Reception).

## Volunteer Board of Directors 2025-2026

### Executive

Geoffrey Taylor - President  
John Reynolds - Vice President  
Kim Lambert- Secretary  
Ray Strong - Treasurer

### Directors

Lynda Cummings  
Badri Ghafari-Farmand  
Jim Lane  
Rose Nardi  
Gary Peltz  
Marlene Peltz  
Donna Tettmar (Past President)



## NOTES FROM THE EDITOR'S DESK



The visiting cat has left me, returning home to her owner. I think the downstairs cat (aka "Sweetie Pie") misses her as she is once again always in the same room as I. In fact, she has taken to joining me on my bed in the morning. She lays by my feet. The moment I get up, she flies off of the bed. If I manage to pick her up for a little cuddle it is still only 3 strokes and then the squirming begins. Woe is me!

The other afternoon as I was driving along St. Clair between Old Weston Rd. and Caledonia a young deer ran across traffic onto the TTC right of way. It went a short distance, then veered back into traffic heading north on one of the side streets. Either traffic was stopped or it was very nimble because it jumped between 2 cars and was not hit. I do not know where it came from or where it went. I hope it has survived.

I had to buy a new bath for my bird bath. The first one had no water in it, the wind increased and the bird bath became a frisbee. When I backed out of my driveway I ran over something. I pulled forward so I could get out and see what it was and lo and behold, it was the bird bath. It was damaged irreparably hence the new bath. There is now a heavy stone in the water but this bath will not become airborne and demolished. I can't see the birds as the bath is well below my front window but the cat can when she is on her cat tree or on the window sill.



When I was thinking of writing about Canadian made products for the last issue, I naively thought it would be fairly easy and straight forward. I was so wrong!

Many people contribute to this newsletter: some write a few words, others write more, some send a picture, some send more, some send a joke some send more. If you wish to contribute, send your submission to me at [flexible@bell.net](mailto:flexible@bell.net).

The only restriction is that items must be tasteful; not crude or hurtful.

Although I spend lots of time here at Syme I can also be seen in the vineyards of Niagara in the Little Canada exhibit in downtown Toronto. I had this image made of me so I am there all the time. See you there.

-Donna Tettmar



News  
from The  
Board



The Syme 55+ Centre Board of Directors have been very busy over the last three months. We have hired a Strategic Planner. His name is Michael Davisburchat. He will be working directly with Kelly Montgomerie and Kim Lambert and the Board. This will be completed by the end of June 2025. Without an update Strategic Plan, we will not get our funding from the City of Toronto.

On April 5, 2025, we held our 40<sup>th</sup> Anniversary Party at the Royal Canadian Legion. The roast beef dinner was enjoyed by all who attended. The many winners of raffle prizes went home with a big smile on their faces. The Board would like to congratulate and thank the Anniversary Planning Committee for all their hard work. It was a wonderful evening.

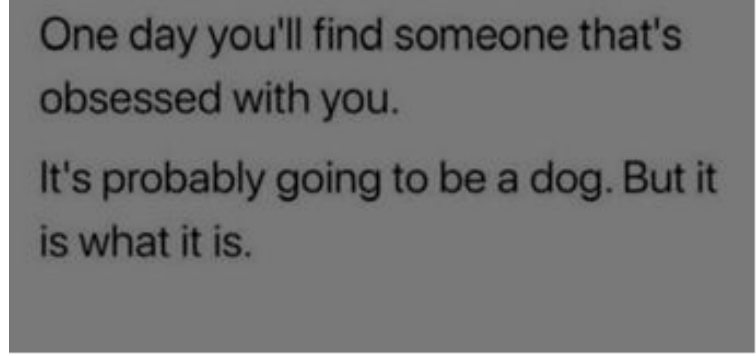
We had a very successful 2024 Annual General Meeting on Friday April 25, 2025. Elections were held for 4 new Directors. There were no nominations from the floor. The new Directors are: John Reynolds, Marlene Peltz, Badri Ghafari-Farmand and Lynda Cummings. Acknowledgment of Retiring Board Members: Joyce Woronchak and Wieslawa Bilan. Our AGM guest speaker was Adam Bunch. He told stories from his book:

The Toronto Book of The Dead & The City's Morbid Past. Very interesting stories of Toronto's darker and supernatural past.

At the Board Meeting on May 13, 2025 John Reynolds was voted in as Vice President and Kim Lambert was voted in as Secretary.

Due to increasing in inflation and other factors we see the costs of goods, food, state of good repair, insurance, staff salaries are all going up. Fundraising will be very important going forward. Please support the events when you can.

-Lynda Cummings





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# SYME 55+ CENTRE BOARD OF DIRECTORS 2025-2026



President-  
Goeffrey Taylor



Treasurer-  
Ray Strong



Secretary-  
Kim Lambert



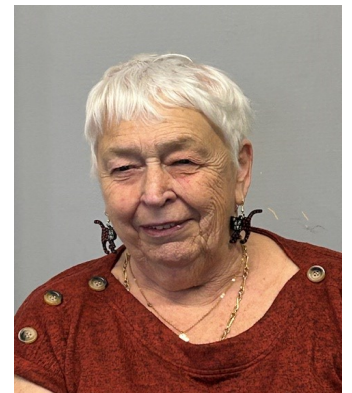
Director-  
Rose Nardi



Director-  
Marlene Peltz



Director—  
Jim Lane



Past President-  
Donna Tettmar



Vice President-  
John Reynolds



Director—Badri  
Ghafari-Farmand



Director-  
Lynda Cummings



Director-  
Gary Peltz



# Welcome to Summer

Even though the summer session is a bit shorter, it is still packed with so many great programs and fun activities, you won't want to miss out.

## Check it out

Photo Editing Workshop Mondays July 7th-July 28<sup>th</sup> @ noon

Brain Boost is back by request Wednesdays July 9th-August 13<sup>th</sup> @ 11:30am

Registration Required

Looking for somewhere to work out this summer? Too hot to walk outside?

Syme Mini Gym Open

Mondays 8:00am-9:00am & 2:30pm-3:30pm

Wednesdays 8:00am-9:00am

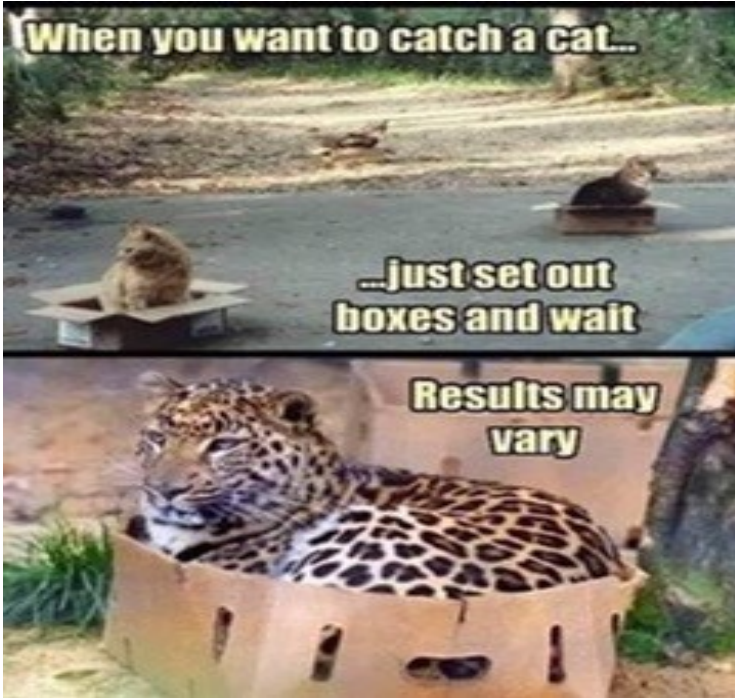
Thursdays 8:00am-9:00am & 11:00am-3:00pm



# DOROTHY'S GARDEN



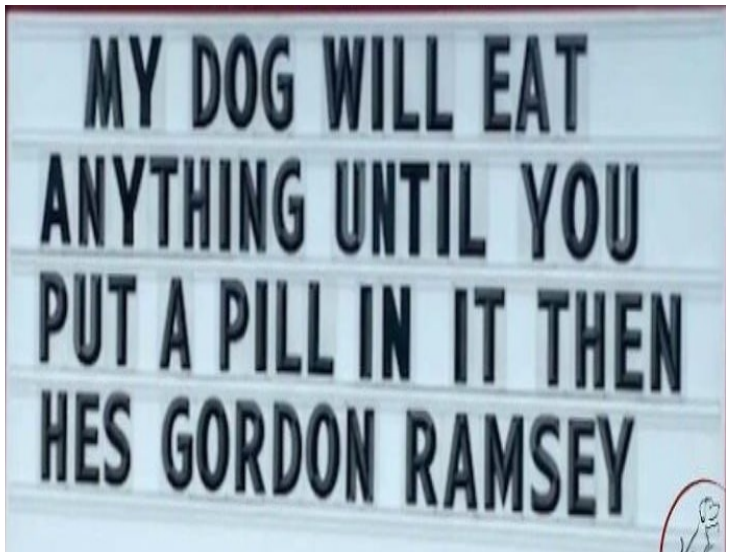
Perfect place to enjoy a cup  
of coffee or a good book.



Charles Dickens' novels were hugely popular even among the illiterate poor. They would pool their money to hire a reader, and then gather together to listen to the stories.

weird-facts.org

@factsweird



Some people you're glad to see coming; some people you're glad to see going.

Common sense is not a gift. It's a punishment because you have to deal with everyone else who doesn't have it.

If you can't think of a word, say "I forgot the English word for it.." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.



## 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.

Karen Fisher

Diane Duff

Maureen O'Dell

There are no strangers here, just friends you haven't met. -Anonymous

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.



**FN** **Frances Nunziata**  
Toronto City Councillor for  
Ward 5 | York South—Weston

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

100 Queen St W, Suite C49,  
Toronto, ON. | (416) 392-4091  
[councillor\\_nunziata@toronto.ca](mailto:councillor_nunziata@toronto.ca)

 @Frances.Nunziata.Ward5

 @FrancesNunziata

Sign up for Ward 5 eNews:  
[www.councillornunziata.com](http://www.councillornunziata.com)

### Did you know

Purring is a fascinating vocal feature that occurs while cats inhale and exhale. This unique sound is believed to originate from the laryngeal muscles in the throat. This mechanism allows the vocal cords to vibrate at low frequencies, creating the soothing sound we associate with a happy cat. Interestingly, this ability is shared by domestic cats and other members of the Felinae subfamily, including cougars and bobcats, but not by their roaring relatives, lions and tigers.

The Editors of Encyclopedia Britannica

A Syme of the Tymes



40th  
Anniversary  
Donors  
And  
Sponsors

Thank you to our donors for the gift baskets and  
Thank you to our sponsors who have supported  
us throughout the year

**Order of Events**

5:30 pm - 6:15 pm  
Reception

6:15 pm - 6:30 pm  
Welcome, raffle ticket distribution

6:30 pm - 8:00 pm  
Dinner - Roast beef, potatoes, roasted vegetables,  
assorted desserts, tea & coffee

8:00 pm - 8:30 pm  
Mix & Mingle

8:30 pm - 8:55 pm  
Get your raffle tickets

9:00 pm - 10:10 pm  
Live entertainment - The Blazing Fiddles

10:10 pm - 11:00 pm  
Final draws & good night!

40th  
Anniversary  
program

There were

Speeches

and Food



and Smiles



and Prizes



and Prizes



and more Prizes



and  
a  
band



THE  
BLAZING  
FIDDLES

A Syme of the Tymes





THERE ARE NO STRANGERS HERE,  
ONLY FRIENDS YOU HAVE NOT MET. (anonymous)



Syme55+ Centre wishes to say a huge **"THANK YOU"** to our sponsors and donors who helped make our Anniversary Celebration possible. We encourage our members and friends to support these following organizations/business whenever possible.

Thanks again:

Del Manor Etobicoke  
Edward Jones -Bloor St W & Prince Edward Dr.  
Edward Jones -Kipling & Eglinton  
Halibut House -The Stockyards  
Hill Garden Petro Canada -Scarlett Road  
Jade Wellness  
Local 416  
Local 4400  
Lynett Funeral Home - Dundas Street West  
Onward Realty  
P&M Restaurant -Weston Road  
Scruffy Murphy's -The East Mall  
Ward Funeral Home - Weston Road  
The Olive Restaurant -The East Mall & North Queen St.  
Wally's Grill -Kipling Ave & Rexdale Blvd.  
Year-Round Travel  
York West Active Living Centre



Councillor Frances Nunziata  
would like to extend heartfelt congratulations to

## *The Syme 55+ Seniors Centre*

*on your 40<sup>th</sup> Anniversary*

*Over the past four decades, your Centre has become a vital part in our community, achieving remarkable success and growth. You have not only restored your membership to pre-pandemic levels, but also welcomed over 80 new members, expanding the vibrant community you've built. Your ability to increase programming to meet the needs of this growing membership is testament to your dedication.*

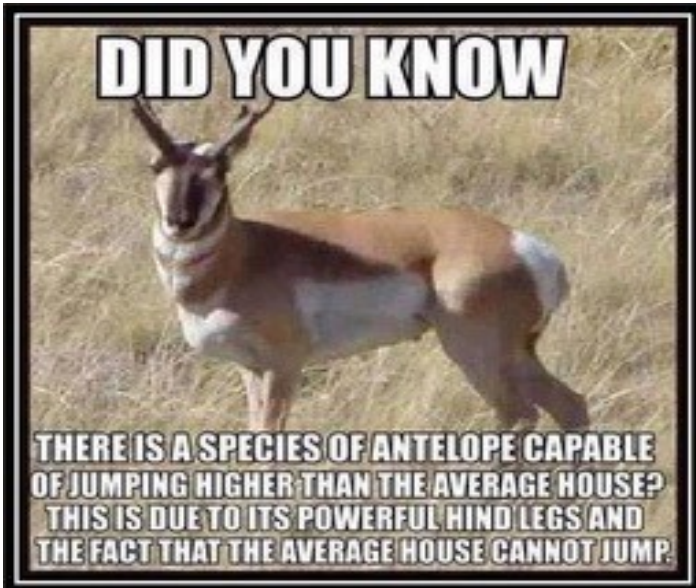
*The centre has attracted younger seniors through innovative and exciting fitness programs, while continuing the success of your Friday Lunch Program with fresh, engaging activities. Thanks to the hard work of your dedicated volunteer committee, you've successfully resumed your day trip and travel program, offering members new experiences.*

*Congratulations on 40 years of outstanding service and thank you for your unwavering commitment to enriching the lives of our seniors. Here's to many more years of success and growth.*

*I once again extend warm congratulations and best wishes for a memorable celebration.*



Frances Nunziata  
Council Speaker, City of Toronto  
April 5<sup>th</sup>, 2025



**Paid for a limousine and the driver never showed up. I've paid all this money out and got nothing to chauffeur it.**

**NO I CAN'T DO SNAPCHAT OR TIKTOK BUT I CAN WRITE IN CURSIVE, DO MATH WITHOUT A CALCULATOR AND TELL TIME ON A CLOCK WITH HANDS.**

*NEVER BE AFRAID TO TRY SOMETHING NEW. REMEMBER, AMATEURS BUILT THE ARK; PROFESSIONALS BUILT THE TITANIC.*

I'm so confused. If Mr. & Mrs. Potato Head are no longer male and female, does this mean there will be no more tater tots?

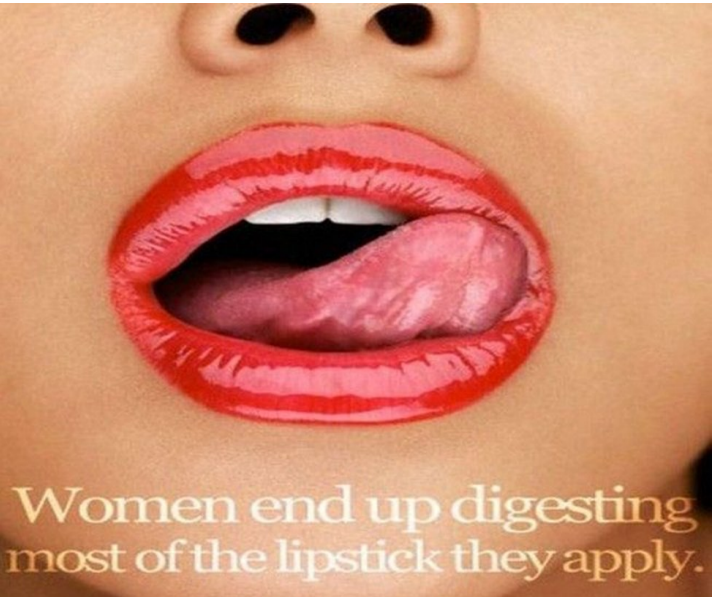




PHOTO CONTEST  
For the cover of our  
AUTUMN issue of  
"A Syme of the Tymes"



CRITERIA

Ontario, landscape, scenery or environment

Seasonal

Colourful, with limited white, vertical

Not previously published or displayed

Not displaying company names or other forms of  
advertising

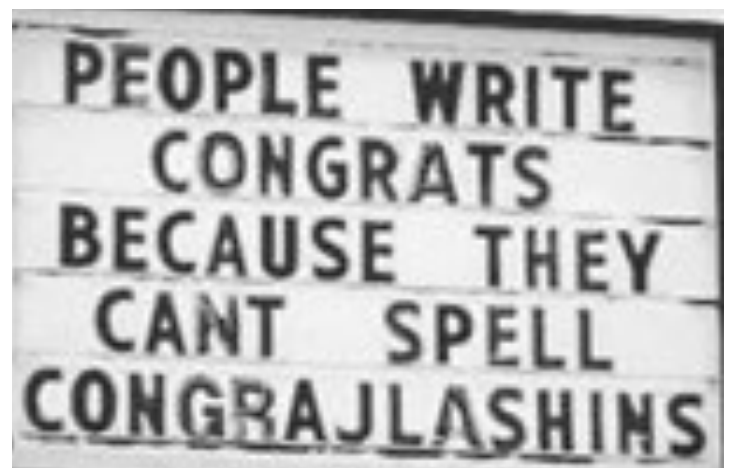
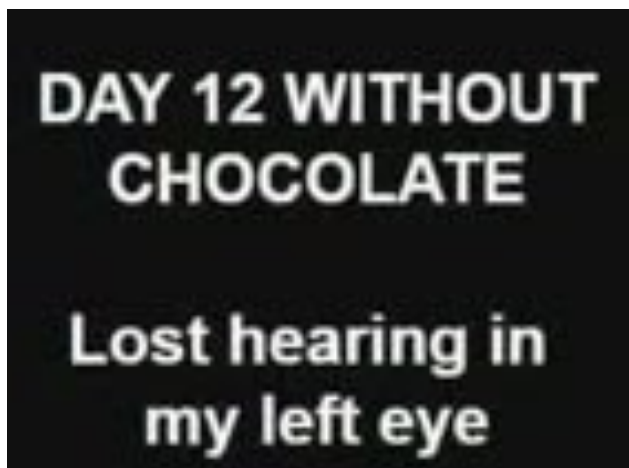
Must have been taken by a member within the past 5 years.

No more than 4 submissions/member.

Must be submitted to [flexible@bell.net](mailto:flexible@bell.net)

no later than

September 1, 2025





Classes	Description
<b>Low Intensity</b>	
<b>Mixed Media Arts Class</b>	Mixed media art class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
<b>Aerobics</b>	Lower intensity rhythmic movements that engage full body activity.
<b>Chair Yoga</b>	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair
<b>Chair Dance</b>	Try this fun low impact exercise, that engages and intergrates rhythm and movement all while seated. For all levels of fitness.
<b>Yoga</b>	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
<b>Medium Intensity</b>	
<b>Pilates</b>	A series of core, back, leg and arm exercises at moderate to advanced intensity.
<b>Co-Ed Fitness</b>	Moderate level seated, standing and walking exercises with weight options to get your body moving.
<b>Osteo Keep Fit</b>	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accomadate seated exercise.
<b>Line Dancing</b>	Learn great choreographed dance moves to popular music.
<b>High Intensity</b>	
<b>Cardio Boost</b>	High energy aerobics class. Power walking, aerobic dance and interval training.
<b>Cardio &amp; Strength</b>	Half gentle cardio fit, half strength training try this immersive class to get your body moving.
<b>Standing Drum Fitness</b>	A high intensity standing workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress reliever.
<b>Functional Fitness</b>	Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.
<b>Clubs</b>	<b>Description</b>
<b>Photo Editing Workshop</b>	Join this program and learn how to edit your photos. You will be provided a device to use and at the end of the 4 weeks will get a printout of your work.
<b>Hand Dance</b>	A class great for mind and body coordination, while following instructed hand movements.
<b>Choir</b>	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.
<b>Timely Topics</b>	Weekly speakers and lively discussion.
<b>Games</b>	<b>Pay as you Play = P.A.Y.P. \$2.50/game</b>
<b>Bridge</b>	Enjoy a game of Bridge.
<b>Cribbage</b>	The objective is to be the first player to get 121 points. The gameplay is divided into three distinct parts; The Deal, The Play and The Show.
<b>Canasta</b>	Card game where players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands.
<b>Scrabble</b>	Come hang out and play a friendly game of Scrabble.
<b>Euchre</b>	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
<b>Mah Jong</b>	A game of skill, strategy, and calculation, is played with a set of 144 tiles.



# OFFICE COPY

## SYME SUMMER 2025 CLASS REGISTRATION FORM

**Session Date: Monday, July 7<sup>th</sup>, 2025 - Friday, September 19<sup>th</sup>, 2025**  
**(No Class Monday, August 4<sup>th</sup> & Monday, September 1<sup>st</sup>, 2025)**

**PLEASE REGISTER FOR ALL PROGRAMS YOU MAY BE ATTENDING INCLUDING GAMES & CLUBS**

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
<b>MONDAY</b>	<b>9 Weeks</b>					
Lisa B.	1A Mixed Media Art Class	Church Hall	9:30 AM	11:30 AM	\$ 54.00	
Diane B.	1B Pilates	Gym	9:30 AM	10:30 AM	\$ 27.00	
Games	Euchre	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	1C Yoga	Gym	10:40 AM	11:40 AM	\$ 27.00	
Luba I.	1D Osteo Keep Fit	Gym	11:50 AM	12:50 PM	\$ 27.00	
Club	Photo Editing Workshop (4 Weeks)	Conference Room	12:00 PM	1:00 PM	\$ 15.00	
Luba I.	1E Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 27.00	
<b>TUESDAY</b>	<b>11 Weeks</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	\$ 15.00	
Games	Mah Jong	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Karen F.	2B Level 1 Line Dancing	Gym	10:15 AM	11:15 AM	\$ 33.00	
Karen F.	2C Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 33.00	
Club	Hand Dance	Gym	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	2D Standing Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 33.00	
<b>WEDNESDAY</b>	<b>11 Weeks</b>					
Rebel K.	3A Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 33.00	
Karen F.	3B Chair Dance	Church Hall	10:00 AM	11:00 AM	\$ 33.00	
Rebel K.	3C Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
Karen F.	Brain Boost (6 Weeks)	Church Hall	11:30 AM	12:30 PM	\$ 15.00	
Yushan C.	3D Cardio & Strength	Gym	1:30 PM	2:30 PM	\$ 33.00	
Michael A.	3E Chair Yoga	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
<b>THURSDAY</b>	<b>11 Weeks</b>					
Halyna I.	4A Aerobics	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Canasta	Gp Room	1:00 PM	3:00 PM	P.A.Y.P	
<b>FRIDAY</b>	<b>11 Weeks</b>					
Michael A.	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	
Rebel K.	5B Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	

**PLEASE READ BEFORE REGISTERING**

1. Members are welcome to try up to 3 programs before registering. You can not try a program that is at capacity. Please stop by the office for a guest pass before trying a class.
  2. Members are allowed to change a class within the first **two weeks only**. Changes requested after the date will be at the discretion of the Program Manager.
  3. Please remember to sign in each time you come to the Centre. If you do not have a blue tag, stop by the office.
  4. If a class is cancelled due to instructor illness, a make up class will be offered at the end of the session, time permitting and based on the availability of the instructor.
  5. Please remember to bring indoor shoes for fitness programs. **No wet boots/shoes in the Gym. No glass or mugs allowed in the Gym.**
  6. Weather cancellation policy: If the Centre is closed due to weather, a automated phone call and an email will be sent to the full membership.
  7. This is a scent free space. Please avoid the use of scented products including perfume etc. **ALL**
- GUIDELINES & PROTOCOLS ARE SUBJECT TO CHANGE**

	<b>Class &amp; Club Total</b>
	<b>2025 Membership</b>
	<b>Donation</b>
	<b>GRAND TOTAL</b>
CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/> DEBIT/CREDIT <input type="checkbox"/>	
33 Pritchard Ave, Toronto, ON M6N 1T4 Tel: (416) 766-0388 <a href="http://www.syme55.com">www.syme55.com</a>	

**P.A.Y.P = Pay As You Play ( \$2.50 fee per game)**



Sing this to the tune of Gloria Gaynor's "I Will Survive"



*At first, we were afraid, we were petrified  
Kept thinking we could never live without you by our side  
And we spent so many nights thinking how you did us wrong  
Now we've banded all together, your tariff made us strong  
And so you know, you're not so great  
There's not a snowball's chance in hell we'll be your 51<sup>st</sup> state  
We should have told you this before  
you don't believe this but it is true  
You really need our resources, far more than we need you  
So now just go, walk out the door  
We do not need you  
You're not welcome anymore  
Weren't you the one who instigated these trade fights  
You'll soon grow to regret it, when we turn out your lights  
Canada, we will survive  
As long as we can think and work, we know we'll stay alive  
We have all we really need; we can live without your greed  
We will survive; we will survive  
There's been a change, it's time you knew  
We're not that fledgling little country still in awe of you  
We are now a nation proud, that is happy to be free  
You didn't realize you gave us, our own identity  
So now just go, we will survive  
As long as we can think and work, we know we'll stay alive  
We have all we really need; we can live without your greed  
We will survive; we will survive  
So,  
Just go, go find the door  
We don't like you, we're not friendly anymore  
Weren't you the one who tried to give us a raw deal  
But you can't live without our oil, aluminum and steel  
At first, we were afraid, we were petrified  
Kept thinking we could never live without you by our side  
Soon you will realize, you didn't have a clue  
When we sell all our resources, to anyone but you  
Just so's you know, you're not so great*



*There's not a snowball's chance in hell, we'll be your 51<sup>st</sup> state  
We should have closed our border tight  
Should've sent you on your way  
If we had known for just one second, that you planned to make us pay  
So now just go, vacate our space  
We do not like you, you're such a big disgrace  
Weren't you the one who tried to hurt us till we cry  
Did you think we would crumble, and just lay down and die  
It took all the strength we had not to fall apart  
Just to try to mend the pieces of our broken hearts  
We spent so many nights, crying softly in our beer  
Now we realize that we have nothing left to fear  
You hit us hard, you knocked us down  
but underestimated, the Canada you found  
Now we're f'in pissed, and united to the core  
We are true Canadians, and we'll be forever more  
So just get lost, and don't look back  
We don't need you; we are giving you the sack  
Weren't you the one who tried to hurt us, till we cry  
Did you think we would crumble, and just lay down and die  
When you wake up, you'll realize  
That without all our of resources, you just couldn't survive,  
Once you see your foolish trade war, would've done far too much harm  
Then we the north will welcome you, back with open arms  
'Til that day, we lock our door  
You will regret it; you can't win this tariff war  
The Canada we love so much, will never die  
We are proud Canadians, we hold our heads up high  
Canada, we will survive  
As long as we can think and work, we know we'll stay alive  
We have all we really need; we can live without your greed  
We will survive; we will survive  
We will survive*

**Written By- Gord Moran**

(Sing this to the tune of "We will survive")



*Syme***55+**  
CENTRE



## **St Jacobs Village & Farmers Market**

A bus trip to charming St. Jacobs Village and their famous Farmers Market. Renowned for fresh produce, baked goods, shopping and many other delights, it promises to be a fun-filled day.

### **Thursday, September 11, 2025**

- |            |   |
|------------|---|
| 8:30 a.m.  | Pick up at Jane Park Plaza (plenty of free parking)   |
| 10:00 a.m. | Arrive at St. Jacobs Farmer's Market.   |
| 12:30 p.m. | Bus leaves the Market to bring anyone going to St. Jacobs Village. (Optional) You will have 2.5 hours to eat lunch, shop and explore the Village before returning to the Farmer's Market for final pick up. Lunch is on your own and there are plenty of options. |
| 3:00 p.m.  | Final pick up at the Village to return to Market  |
| 3:30 p.m.  | Final pick up at the Market and departure.  |
| 6:00 p.m.  | Arrive in Toronto at Jane Park Plaza.   |

**\$60.00 members and \$65.00 non-members. (A 5% fee for credit cards.)  
PLEASE REGISTER AND PAY IN THE OFFICE BY FRIDAY, AUGUST 15th, 2025**



Syme 55+ Presents

# Grand River Cruise

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

**Date:** Tuesday, October 7, 2025

**Depart:** 9:00 a.m. Jane Park Plaza

**Cruise:** 10:45 a.m. - 11:15 a.m.  
Complimentary coffee and muffin plus visit to the Craft Shop  
11:30 a.m. Live music show featuring "The Blazing Fiddles"  
12:30 p.m. - 3:00 p.m.  
Enjoy a 2 1/2 hour luncheon cruise on the Grand River. All meals include home baked bread, garden salad, vegetables, mashed potatoes, home baked apple pie, and tea or coffee  
Entree choice of 1) Beef 2) Chicken 3) Vegetarian Chili

**NOTE: MEAL SELECTION DUE UPON BOOKING**

**Market:** 3:45 p.m. - 4:30 p.m.  
Visit to the Windmill Country Market

**Return:** Arrival in Toronto approx. 6:30 p.m.

**Price:** Member: \$155.00 per person  
Non Member: \$160.00 per person  
Additional fee of 5% for credit card applies

**Inclusions:** Return transportation via deluxe coach, luncheon cruise, visit to the Windmill Country Market, gratuity on meal, driver gratuity, and all taxes.

**To Book:** Contact Syme 55+ Centre at 416-766-0388

**Register by:** Tuesday, September 9, 2025



*Sign up for our monthly  
Email Newsletter  
at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

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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)



Your TRAVEL & OUTINGS Committee is pleased to offer this exciting tour to Syme members.

When making your reservation please let HNA know that you are part of the Syme55+ Centre group. Then let the Syme office know as well.

If you have any questions, please speak to Donna Tettmar or send her an email at [flexible@bell.net](mailto:flexible@bell.net)

## Louise Penny – *Three Pines Tour*

**Sun. Sept. 28<sup>th</sup> to Wed. Oct. 1<sup>st</sup>, 2025**

Four days/Three nights

### Exploring the Epic Sites That Created the Backdrop to Louise Penny's Captivating Novels

Award-winning Canadian author Louise Penny has captivated the world with her compelling mystery novels set primarily in the Eastern Townships of Quebec. Her wildly popular books from the Three Pines series have consistently topped the New York Times bestseller lists and have been translated into twenty-nine languages, selling more than ten million copies worldwide. Her recent collaboration co-authoring *State of Terror* with Hillary Rodham Clinton has cemented her as one of the mystery genre's all-time greats. Travel to the centre of Louise Penny's universe as we visit the idyllic **real-life** locations that inspire the settings to her wildly popular books from the Three Pines series. This four-day excursion will take us to the heart of the Eastern Township and to the locations immortalized by Penny. We will visit the Victoria village of Knowlton – the direct inspiration for Penny's fictional village of Three Pines – as well as many sites that are part of the fabric woven into her novels.



#### Some highlights include:

- Abbaye de Saint-Benoît-du-Lac (the inspiration for the Abbey in *A Beautiful Mystery*)
- Brome County Historical Society (where Jane's painting from *Still Life* is on display)
- the delicatessen *La Rumeur Affamée* on which Sarah's Boulangerie was based
- Brome Lake Books (Myrna's Book Store)
- Georgeville General Store (the inspiration for Mr. Belliveau's General Store)
- St. George's Church (inspiration for St. Thomas Church)
- visit an award-winning winery known for its sparkling wines
- enjoy High tea at the Uplands Cultural Centre
- tour an amazing local cheese farm/factory
- taste some chocolate at a Chocolaterie

Continued on the next page

**We all get heavier as we get older, because there's a lot more information in our heads. That's my story anyway.**



**Your tour package includes:**

- Return motor coach transportation – this tour originates in Burlington with pick-ups in the Toronto area.
- **Special “Syme 55 Centre” pick-up at Jane Park Plaza – 883 Jane St, Toronto**
- Three night’s accommodation at the four star - Domaine Chateau Bromont.
- Admission to all attractions stated in the itinerary:
- Meals: three breakfasts; three lunches; one dinner (Welcome dinner).
- Services of an HNA Travels Tour Director

**What’s not included:**

- Meals not stated in the itinerary.
- Gratuities for the HNA Tour Director and our motor coach driver
- Items of a personal nature.

**Cost of package: \$ 1,299.00 per person/double occupancy (plus HST – total: \$ 1,467.87)**

Single occupancy: \$ 1,699 Per person (plus HST - total \$ 1,919.87)

Non-refundable deposit of \$300 is due upon booking

Balance due September 1<sup>st</sup>, 2025

**READY TO BOOK?** Simply call us and you are on your way.

- ✓ HNA Travels at 613-843-9900 or toll free: 1-877-672-3030
- ✓ OR e-mail: [hnatravels@gmail.com](mailto:hnatravels@gmail.com)
- ✓ Pay by Cheque/Visa/Master Card.

**PICK-UP INFORMATION:**

The coach will depart from the Burlington area with a special pick-up for Syme 55 Centre – at the Jane Park Plaza – 883 Jane St., Toronto

**CANCELLATION & Interruption INSURANCE plus OUT OF THE Province INSURANCE is always recommended, please contact SANDERSON TRAVEL INSURANCE 1-877-226-8728 and tell them HNA TRAVELS sent you!**

**Paranoia has reached  
absurd stages...**

**I sneezed in front of  
my laptop and the  
anti-virus started a  
scan on its own**

You can't truly refer  
to yourself as an adult  
until you catch yourself  
getting really angry when  
the grocery store changes  
their layout.



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## The Olive Restaurant

A nice evening meal was shared with Syme members at The Olive. The restaurant has a lot of meals to choose off their menu. My husband had a banquet burger and hot blueberry pie, (yummy). I had a regular hamburger with fries and some salad. A couple of other people around the table ordered liver and onions. All meals were well portioned and looked delicious. It's a good size restaurant but when we were there, the restaurant was not full. This allowed us to carry on comfortable conversations. The Syme monthly dinners are a great way to check out different restaurants. Also, the best part is meeting and getting to know other members. A couple of my friends had highly recommended this restaurant, but I hadn't had a chance to go myself. I'm glad I went. The restaurant and food definitely did not disappoint.

Ann Roach

## Canadiana Restaurant

On Tuesday, May 20th a group of us met up for dinner at the Canadiana Restaurant at Sixpoints Plaza in Etobicoke. It was my first time for such a Syme55 outing, and I am very glad I went. The atmosphere was warm and welcoming, the staff very friendly and efficient. I have been in this restaurant many times before and in the past couple of years, I always ordered Liver and Onions as they never disappoint. In my opinion, the best in town! Highly recommend it if you like that sort of food. This time was no exception: perfectly prepared liver! I also had the butternut squash soup which was equally delicious. Some people at my table had Homemade Burgers, others the Cranberry Apple Chicken Salad and seemed to enjoy them. The menu offers a wide variety of foods from roast beef to calamari to fish-and-chips. With the portions quite generous, many of us even took leftovers home. And the desserts! In the past, I tried and loved them all, but... this time I resisted; a decision I regretted the moment I saw the yummy cheesecakes and carrot cakes being enjoyed by people around the table. The best part of this outing though, was the camaraderie! Lots of laughs and great conversations were the proof in the pudding - so to speak - that we were having a good time. It was great getting to know each other, connecting for the first time or re-connecting. It was an enjoyable evening with reasonably priced, delicious food, excellent service and best of all, great company!

Agi Ruhland

## Scruffy Murphys

On Tuesday June 17, 10 people sat down for a tasty meal at Scruffy Murphy's Irish Pub on the East Mall, across from Cloverdale Mall. The waitress, Amanda, took special care to make sure we enjoyed our visit and our selection of food and drinks.

The service was excellent. The menu includes just about every type of pub food you could wish for.

A few examples: pizza, calamari, roast beef in Yorkshire pudding, (my favourite) liver & onions, pasta, and souvlaki.

We were seated in a private area of the restaurant with plenty of space for lively conversation. It was a very enjoyable visit. I hope to return there soon.

Arlene Smetaniuk



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## Dine With Syme

( A monthly early evening dining option where members can socialize.)

Please sign up in the office to reserve your spot at the table.



### Wallys Grill

When: Tuesday July 15. 2025

Time: 4:30 PM

Where: 123 Rexdale Blvd. Etobicoke  
(south off of Rexdale Blvd., east side  
of Kipling Ave)

Features: lots of free parking, wash-  
rooms on main floor, extensive menu.

[www.wallysgrill.ca](http://www.wallysgrill.ca)



### The Queensway Bistro

When: Tuesday August 19, 2025

Time: 4:30 PM

Where: 753 The Queensway  
(south side of The Queensway, east of  
Royal York Road, across the street  
from No Frills)

Features: limited street parking, 8  
stairs down to washrooms.

[www.queenswaybistro.ca](http://www.queenswaybistro.ca)



### Beertown Public House

When: Tuesday September 16, 2025

Time: 4:30 PM

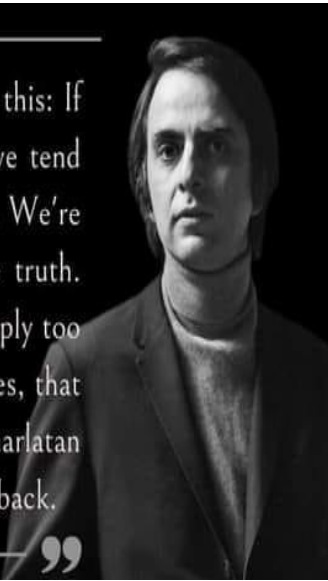
Where: 1020 Islington Ave., Etobicoke  
(west side of Islington, between Bloor  
and The Queensway, in a strip mall)

Features: Washrooms on the main floor,  
plenty of parking.

[www.beertown.ca](http://www.beertown.ca)



One of the saddest lessons of history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It's simply too painful to acknowledge, even to ourselves, that we've been taken. Once you give a charlatan power over you, you almost never get it back.



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

**ADAM & EVE  
THE FIRST PEOPLE  
TO NOT READ THE APPLE  
TERMS & CONDITIONS**

**I DIDN'T THINK  
ORTHOPEDIC SHOES  
WOULD HELP.  
BUT I STAND CORRECTED.**

When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.





## Our Evening At the Copacabana

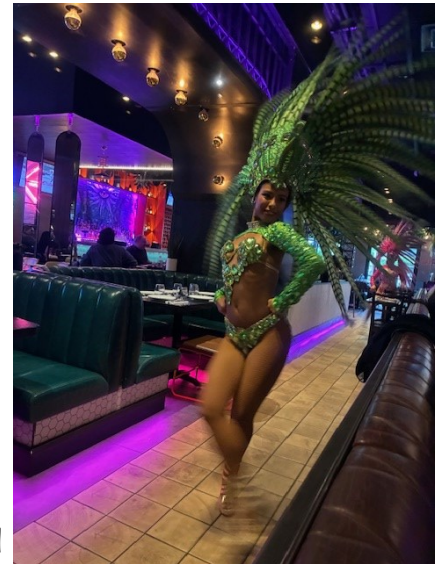


On Saturday, May 31st, we went to Copacabana Brazilian steakhouse for dinner. The restaurant is located at 150 Eglinton Ave. East.

It is a lively and busy place on the weekends.

We indulged ourselves in the unlimited, all-inclusive tasting menu featuring perfectly grilled steak and meats carved table side. Accompanied by an array of freshly made to order salads, sides and Chef's specialties.

Also, two beautiful Brazilian dancers had two performances while we were there.



That was very entertaining  
Overall, it was a great night.

-Badri Ghafari

### WORD FUN

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

Directions:

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

The word is **CLOTURE** - (The ending of a debate by calling for a vote.)

Can you find 41 words? The results can be found elsewhere in the newsletter.



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## Health Benefits of Houseplants (from WebMD)

Medically Reviewed by Jabeen Begum, MD on September 22, 2023

Written by Stephanie Langmaid

### Allergy Relief

Researchers found that rooms with plants have less dust and mold than rooms without any foliage. Leaves and other parts of the plants act as natural filters to catch allergens and other airborne particles. Common low-light houseplants like Chinese evergreen or the peace lily can do the job. Violets and other plants with textured leaves might be even better trappers. Avoid plants with pollen or spores.

### Happy Blooms

Plants not only can brighten up your surroundings, but they can lift your mood. Employees who work in offices with plants tend to feel better about their jobs, worry less, and take fewer sick days. Flowers in particular are a good pick-me-up. So, liven up your room with blooms, like a lip-stick plant, or a fresh bouquet and see if your outlook improves.

### Spider Plants for Moisture

Furnaces and air conditioners can sap humidity indoors, especially in the winter. That can raise your chances for catching a cold or the flu, or make your skin itch. Houseplants add moisture to the air. One study found a collection of spider plants boosted the relative humidity in a bedroom from 20% to a more comfortable 30%.

### Air Purifiers

Carpets, paint, cleaners, printer toners and inks, and many other indoor objects give off pollutants called volatile organic compounds (VOCs). They can build up in the air and irritate your eyes and skin, worsen your asthma, or make it hard for you to breathe. Houseplants can soak up VOCs. Some good air-scrubbers are English ivy, asparagus fern, and dragon tree.

### Herbs for Better Digestion

Mint may help tamp down bloating, gas, and other problems after you eat. Common varieties you can grow in containers include peppermint and spearmint (essential in mint juleps). Basil, another herb for cooking, also can help calm your stomach. Try steeping the leaves in hot water.

(continued on next page)



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### **Relaxing Lavender**

This fragrant purple plant has been an important herbal medicine for centuries. You can inhale lavender oil or massage it on your scalp for aromatherapy. You can also boil the leaves for tea. Some studies suggest it may help calm you and help lower any anxiety. But more proof is needed.

### **Aloe for First Aid**

Gel from this plant is a popular home remedy. It can treat sunburns and other minor burns. It can soothe your psoriasis and other skin conditions. Juice from the aloe plant can even help you poop if you're constipated.

### **Restful Sleep**

Plants take in carbon dioxide and give off oxygen. It's how they turn sunlight into food, a process called photosynthesis. Some, like gerbera daisies, keep giving off oxygen even after the sun goes down. Put a few cheerful pots in your bedroom and the extra oxygen may help you sleep more soundly.

### **Stress Relief**

Feeling the weight of daily pressures? Try and add a heart-leaf philodendron or a snake plant to your décor. It may help you relax. Several studies have measured people's levels of blood pressure, heart rate, and the stress hormone cortisol while they handled a tough task or were under mental stress. Being around plants has a calming effect on people.

### **Sharper Focus**

Plants may help raise your test scores, make it easier to concentrate on your tasks, and strengthen your memory. Students in classrooms with three potted plants performed better on math, spelling, reading, and science tests than kids in classrooms without any greens. Bring home a golden pot hos or a bamboo palm and you just might clear that to-do list.

### **Faster Healing**

Taking a bouquet of flowers or potted foliage to a loved one in the hospital can be more than just a thoughtful gesture. It may actually help them recover more quickly. Researchers found that people who had surgery got better faster if they had plants in their room or even a view of the nature from their window. They also tolerated pain better and needed fewer medications when surrounded by greenery. Try an orchid or a peace lily.

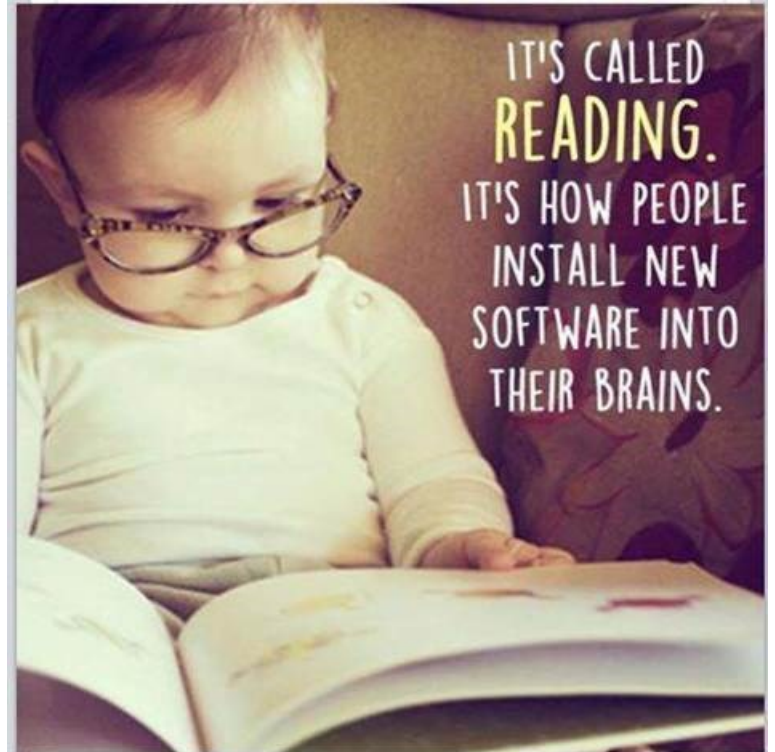
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### **Better Mental and Emotional Health**

Some therapists use gardening to help treat depression, schizophrenia, and other psychiatric conditions. Learning to nurture a living plant may help lower anxiety, improve attention, and lessen the severity of depression. Plants also might help people recovering from trauma, as well as those with dementia or who live in long-term care facilities. A word of caution to pet owners - some plants are toxic to pets, so check with your vet or the ASPCA toxic plant list to be safe when choosing.



### **TRUTHS ABOUT GROWING OLD:**

- Growing old is mandatory; growing up is optional.
- Forget health food. I need all the preservatives I can get.
- When you fall down, you wonder what else you can do while you're down there.
- You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- Time may be a great healer, but it's a lousy beautician.
- Wisdom comes with age, but sometimes age comes alone.



LUNCH



&



LEARN

## Friday Lunches

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

Apr 4<sup>th</sup> - No programs or meals.

Apr 11<sup>th</sup> - Ham, scalloped potatoes and vegies. Scarlett Heights put on an info presentation on how to navigate stresses related to retirement. Question and answer period followed.

Apr 18<sup>th</sup> - Good Friday, Centre closed.

Apr 25<sup>th</sup> - Annual General Meeting. This was followed by a social sit down with Panera Bread and desserts.

May 2<sup>nd</sup> - No meal.

May 9<sup>th</sup> - Mother's Day lunch. Quiche and spring salad followed by beautiful tiered trays of assorted desserts. Musician Jack Garson entertained.

May 16<sup>th</sup> - Meet The Board - an introduction to new and returning members, followed by a lovely lunch of chicken sandwiches, Caesar salad and a favourite of all Portuguese tarts.

May 23<sup>rd</sup> - BBQ chicken, mashed potatoes and corn followed by a delicious peach cobbler. A consultant with Toronto Hearing gave a presentation on the many health benefits of taking care of your hearing maintenance. A question and answer period followed.

May 30<sup>th</sup> - Cod fish, vegetables and rice followed by yummy almond cake. A representative on Aging and Mental Health spoke on how aging and mental health are connected and discussed the best ways to have sensitive conversations around mental health.

June 6<sup>th</sup> - Summer Registration Day, there was no lunch or activities.

June 13<sup>th</sup> - BBQ ribs, corn on the cob and salad followed by fruit salad with a whipped cream topping. A representative from Roseland Horticultural Society gave a talk and tips on gardening.

June 20<sup>th</sup> - Reuben Sliders, Pasta Salad with homemade dressing, popsicles for dessert. Our fabulous Syme Choir entertained with a Sing-A-Long.

June 27<sup>th</sup> - Yummy Gnocchi with Sausages and Asparagus. Self Hypnosis was hosted by Sonia Handziuk who presented a guide to a more relaxed way of daily living.

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



**WORD FUN:**

**CLOTURE**

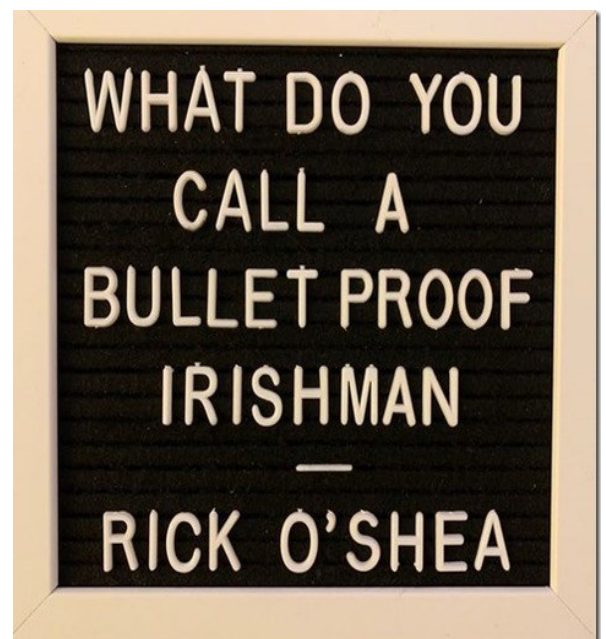
(Play directions appear elsewhere in the newsletter)

cero	Clot	Clout	Clue	Cole	Colt	Core	Cote
Court	Cruel	Cruet	Cult	Cure	Curl	Curt	Cute
Cuter	Cutler	Lector	Lore	Lout	Lucre	Lure	Lute
Outer	Tole	Tore	Tour	Truce	True	Ulcer	Recto
Role	Rote	Roue	Rout	Route	Rule	Ecru	eruct
euro							

**Picked up a hitch-hiker. Seemed like a nice guy.**

**After a few miles, he asked me if I wasn't afraid that he might be a serial killer?**

**I told him that the odds of two serial killers being in the same car were extremely unlikely**





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## 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)





**Perks of reaching 70 & beyond:**

1. Kidnappers are not very interested in you.
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run anywhere.
4. People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 PM.
9. You can live without sex, but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
- 16.. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to a manageable size.





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## Sabine Beblo

For anyone who was unable to attend the funeral service for Sabine I am grateful to Alice Dearden for providing me with a copy of her eulogy. I am submitting it in its entirety.

Good morning. My name is Alice Dearden, and I am a friend of Sabine's. I'd like to thank you all for coming here to honour her today. The word "eulogy" comes from the Greek and means "good words" or "words of praise", and it's easy to find words to praise Sabine.

Like many of you here, I met Sabine at the Syme Centre, which was a huge part of her life since 2008. She took many classes and volunteered in the office for 10 years. She was known for her kind and welcoming disposition, as well as her wonderful memory and organizational skills. I remember someone - Kelly probably - asking her if a certain member had registered for a special event, and Sabine not only replied that the person had registered, but knew her ticket number - off the top of her head.

As her executor, I've been going through her papers...as you might expect, she had her budget carefully worked out - not just for current expenses, but planning what she could replace (a new sofa, for instance) in several upcoming years. She had also pre-planned and prepaid her funeral and burial expenses, and prepared a list of people to contact when she died, as well as a short summary of her life. Some of the hobbies she mentioned were adult ballet, flower painting, and travelling overseas and within Canada.

As you know, Sabine loved music. Family circumstances made it impossible for her to learn to play the piano until she was in her 20s, but once she started, she showed amazing perseverance and determination. She received her ARCT in Piano Pedagogy from the Royal Conservatory in 2001. She enjoyed teaching, but composition was her greatest joy.

Sabine presented two concerts of her compositions, played completely from memory, at the Syme centre, and had other concerts planned until she became ill in the fall. She was justly proud of the 2 CDs of her music. She loved the Syme choir, and graced us with practice performances of her pieces before her concerts. As you may know, she wrote 720 piano pieces - that's a lot, and they all have descriptive titles. I was amused to see one binder full of food pieces: Salt, Pepper, Sugar, Carrots, and even Chickpeas and Bean Sprouts!

The word that keeps coming up when people describe Sabine is "kind". She had a lovely smile and was a good storyteller. She loved God, people, Canada, her friends and students, and had a special place in her heart for Tim Pater.

Sabine retained her cheerfulness and good humour even during her hospital stay. She was very grateful for her visitors and cards, and joked with me about what would happen after she passed (she didn't want to be cremated and put in an urn on somebody's mantel, like some people she knew).

Although her circumstances in life were sometimes difficult, she lived well and loved well. Rest in peace, Sabine.



---

# The Health Benefits of Watermelon

Medically Reviewed by Poonam Sachdev on August 31, 2024

Written by Stephanie Booth

## Loaded With Lycopene

The cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes. To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. And the riper, the better. Also, seedless melon tends to have more lycopene than those with seeds.

## Sun Benefit?

Some pigments help protect plants from the sun. Oddly enough, just eating them may shield your skin, too -- at least a little. The lycopene in watermelon may make it less likely that you get sunburned. But that's not for sure, so keep using your broad-spectrum sunscreen with SPF of 30 or higher every day.

## Healthier Heart

Watermelon is rich in an amino acid called citrulline that may help move blood through your body and can lower your blood pressure. Your heart also enjoys the perks of all the lycopene watermelon contains. Studies show that it may lower your risk of heart attacks. Of course, your whole lifestyle affects your heart health. So make sure you also work out, don't smoke, limit saturated fat, and keep up with your doctor's advice.

## Protects Your Joints

Watermelon has a natural pigment called beta-cryptoxanthin that may protect your joints from inflammation. Some studies show that over time, it could make you less likely to get rheumatoid arthritis.

## Easy on Your Eyes

Just one medium slice of watermelon gives you contains 9-11% of the vitamin A you need each day. This nutrient is one of the keys to keeping your eyes healthy. Foods are the best ways to get all the vitamins and minerals that your body needs.

## Naturally Sweet Hydration

Juicy watermelon is 92% water, so it's a simple way to help stay hydrated. Every cell in your body needs water. Even a small shortage can make you feel sluggish. If you get really dehydrated, it can become serious enough that you need to get fluids by IV.

## Soothes Your Skin

Vitamins A, B6, and C in watermelon help your skin stay soft, smooth, and supple. Because it's loaded with water, melon also makes a great face mask. Mix 1 tablespoon of watermelon juice with the same amount of Greek yogurt. Spread over your face and leave on for 10 minutes to slough off any dry, dull skin. Rinse and pat dry.

(continued on next page)



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### **Satisfies Your Sweet Tooth**

A cup of ice cream will set you back around 300 calories. You can enjoy the same amount of watermelon for just 45.6 calories. And unlike many other desserts, it's fat-free, cholesterol free, and has no sodium. Plus, the water in it will help you stay fuller longer. To make an easy sorbet, puree some watermelon in your blender, add a squeeze of lime, and pop in the freezer until it hardens.

### **Boosts Your Workout**

Watermelon's high water content, antioxidants, and amino acids may make for a better workout. It's also high in potassium, a mineral that could cut down on cramps at the gym. You can sip watermelon juice after you sweat, too. Doing so could help prevent muscle soreness, as long as you don't push yourself too hard.

### **Won't Spike Your Blood Sugar**

Trying to keep your blood glucose levels steady? You're in luck. Watermelon has a glycemic index (GI) value of 80, about the same as a bowl of cornflakes. But it's got few carbs. That means its glycemic load (how quickly it enters your bloodstream and how much glucose it can produce) is a mere 5. Enjoy a slice without guilt!

### **Easy to Digest**

If you have a digestive condition like Crohn's or colitis, the list of what not to eat during a flare can be long. You can put watermelon on your "yes" list. Its soft, fleshy fruit is easy for even an inflamed gut to digest. (Just don't eat the rind or the seeds if you need to limit fiber.)

### **What If I Eat a Seed by Accident?**

You may have been told as a kid that if you swallow watermelon seeds, they'll grow in your belly. Not true! After all, your stomach has no sunlight or soil, and a lot of gastric acid. Many melons are seedless these days, but don't worry if you do swallow a seed. They're actually full of nutrients!

### **Choose a Good One**

Pick a melon that's free of dents, nicks, and bruises. Look for a yellow, not white, spot on the bottom. This signals that it's ripe. A juicy, ready-to-eat watermelon will feel heavy for its size. When you thump it, it should sound hollow.

### **Safely Cut and Store Your Melon**

Wash the outside of your melon before you slice into it. You don't want your knife to transfer any germs to the inside. While melon tastes best right after it's cut, you can store it in your fridge for up to 5 days. Freezing is an option, too. While the watermelon won't stay crisp, you can thaw it to use in smoothies.

### **Don't Stop With a Slice**

A slice of fresh watermelon tastes great, but you can do more with it. Top a salad with cubed melon and crumbled feta cheese. Make a watermelon pizza by topping wedges with yogurt, mint, slivered almonds, and berries. And save the seeds! Tossed with olive oil and sea salt, they can be roasted for a tasty (and healthy) snack.

(FROM WEBMD)



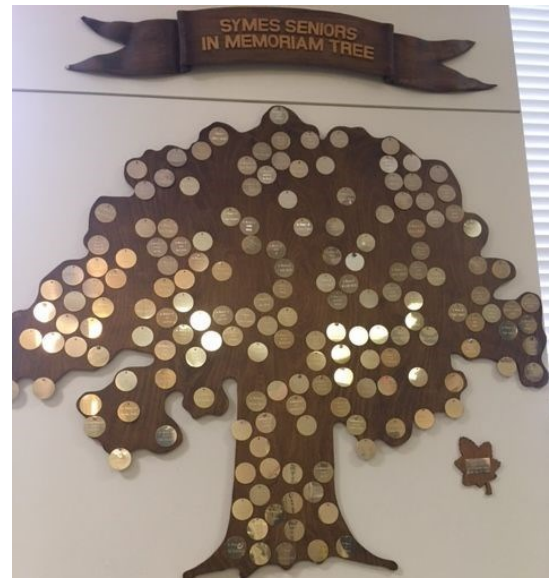
## The **IN MEMORIAM** Tree

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

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

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

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



## **Bequests**

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

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



## DONATIONS

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

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

### Donation Form

Charitable Registration #12437 7292 RR0001

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

Please make cheques payable to:

The George S. Syme Senior Centre of York

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

### Bereavement Receptions

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



# Time To TRAVEL

GET READY FOR NEW ADVENTURE



## Eastern Townships September 26 to 29, 2025

### Highlights

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 3 nights accommodation at the 4 Star Manoir Des Sables
- \* 3 full breakfasts
- \* 3 gourmet dinners
- \* 2 nights live entertainment
- \* Outings with transportation and admissions
- \* Guided tour of historic Sherbrooke including murals
- \* 1 1/2 hour cocktail cruise on Lake Memphremagog
- \* Winery visit including tasting & much more

Price: From \$1289.00 per person



## London Show Tour & Paris October 15 to 25, 2025

### Highlights

- \* Home pick-up/drop off (Metro Toronto)
- \* Return airfare Toronto/London Paris/Toronto
- \* 6 nights accommodation in London
- \* Full English Breakfast daily
- \* 2 shows
- \* Day trip to Stonehenge & Bath
- \* Train transfer from London to Paris
- \* 3 nights accommodation in Paris
- \* Breakfast daily in Paris
- \* All hotel & departure taxes and much more!

Price: From \$5869.00 per person



## Southern Caribbean Cruise February 4 to 15, 2026

### Highlights

- \* Home pickup/drop off (Metro Toronto)
- \* Return airfare Toronto - Ft. Lauderdale
- \* Return transfers
- \* 1 night pre-cruise accommodation
- \* 10 night Princess Cruise
- \* All meals aboard the ship
- \* Beverage Package including gratuities
- \* Unlimited Wi-Fi (one device per person)
- \* Gratuities for cabin steward & dining room staff & more

Price: From \$4899.00 per person

To Book Contact Year Round Travel at 416-499-1444



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