

# A Syme of the Tymes

Volume 18 Issue 3

## AUTUMN AT LAST!

*Syme*  
**55+**  
CENTRE



© Lindsay Reynolds

George S Syme Senior Centre of York  
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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 specializing in recreational activities, special interest clubs, daily lunches and community services for handicapped adults and adults 55 years of age and older.

The facility is a City Community Centre and Syme55+ has a permit to use the building.

Annual fee: January-December, \$30.00

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

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

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

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

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

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



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

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



### **MYSYMECENTRE**

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

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

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

## **STAFF**

**Kelly Montgomerie**  
Executive  
Director

**Cleriese Lewis**  
Program Manager



## REGISTRATION FOR PROGRAMS

Next registration day is TBD. Please register on that date for the next session or within a week afterwards to allow for planning. All participants in classes, clubs and games must register using the registration form.

### PROGRAM POLICIES

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



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

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

PLEASE VOLUNTEER!  
(sign up at Reception).

## Volunteer Board of Directors 2025-2026

### Executive

Geoff 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



I received an offer in the mail from a grocery store for an item which I quite enjoy. I dilly dallied and did not go immediately but waited until the final day of the sale. When I went to pay for my purchase, I was told it was not on sale. Of course, I went home to check the ad. Imagine my surprise when I discovered the sale was over the day before. I have got to read things more carefully.

I had a very old, broken BBQ which was going out on garbage day. I thought someone might be able to use it so I put it in front of my house on Saturday. When I looked out Sunday morning it was gone. My tenant had a not as old BBQ. He put it in front of the house on Sunday. When I looked out Monday morning it too was gone. I love to recycle.

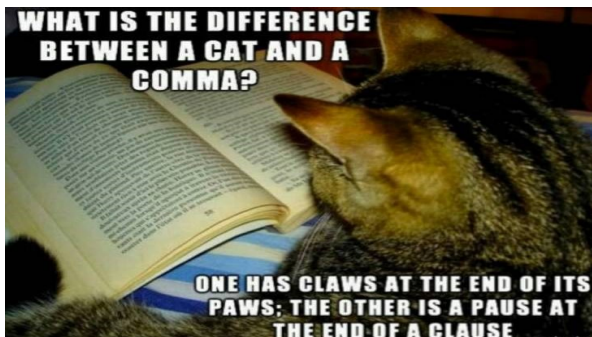
I have 2 words about the "downstairs" cat - no change. I am still her servant, only allowed three strokes when I pick her up even though she is always in the same room as me.

Who Knew?

I was unable to access my emails for nearly 2 weeks. One morning I tried to check my emails but could not open my emails, the security authorization did not come. I phoned my service twice that day and the next and then daily. No one could locate the problem: I was told the problem would be elevated higher up and I would be called in 24-48 hours. Finally, after two weeks, a supervisor called, who then tried to send me a note and when that failed said that everything was fine at their end and I should check with my phone provider. I went to their store, explained the problem and handed him my phone. 30 seconds later he gave it back to me, fixed! The problem? Instead of deleting the security message I had accidentally blocked that number. I never even knew I could block numbers.

Who knew?

I always pushed the button on the side of my phone and the screen went dark. I thought I had turned off my phone. Imagine my surprise when I discovered I was only turning off the screen and had to hold that button down long enough for the shutdown screen to appear.



Thank you to everyone who sends me material for the newsletter. Please feel free to send me jokes, articles, observations, or comments. My email address is [flexible@bell.net](mailto:flexible@bell.net) This newsletter is about the members, by the members and for the members.

Donna Tettmar



## A Message to our NEW MEMBERS

*Welcome  
Glad you're here!*

Sue Manovich  
Robert Caruana  
Angela Perri  
Jasmin Garraway  
Susan McFarlane  
Joyce Zviedris  
Lorraine Settle  
Marianna Ban  
Beverley Sidochak  
Mira Street  
Ferenc Verebes  
Andra MacNeil  
Shruti Gandhi  
Eleanor Tasker  
Deb Hack  
Dorothy Fraser  
Nicole Phillips  
Gordana Gligic

Anna Scicluna  
Samantha Wehbi  
Barbara Tinsley  
Stella Palkas  
Victor Kitarawa  
Margaret Tovell  
Cheryl Greenhill  
Elsie Haley  
Laura Sarmento  
Alina Sims  
Denise Kosmidis  
Nancy Gwin  
Deborah Jackson  
Maria Osorio  
Doug Colbourne  
James Granan  
Barb Cappengstrom

Angela Pasut  
Carol Smiley  
Valerie Welesnicki  
Donna Burns  
Amy Kitarawa  
Emilia Lewczuk  
Jeanine Maicron  
Rose Bardini  
June Clark  
Anna Netti  
Atanacia Mirkiewicz  
Lynn Latulippe  
Mary Jackson  
Violet Bunclark  
Joanne Colbourne  
Tara Rishter  
Sharon Handley

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.



# Mixed Media Arts



Mondays at 9:30am  
Starting September 29th





**IF WE'RE NOT MEANT TO HAVE MIDNIGHT SNACKS...**



**WHY IS THERE A LIGHT IN THE FRIDGE?**

**Men don't have babies because God saw the way they handle a cold and knew the species would never survive.**

**Common sense is a flower that doesn't grow in everyone's garden.**

**I asked my grandma if she ever gets lonely & she said I'm never lonely because I have 4 men in my life. I get up with a CHARLIE HORSE. I spent the day with AUTHUR ITIS. I dine with WILL POWER and I go to bed with BEN GAY.**

The manager at the local IKEA is retiring, so I sent him a cake.



My super power is holding onto junk for years and throwing it away a week before I need it.





# INTERESTED IN VOLUNTEERING?

CHECK OUT OUR COMMITTEES  
AND TEAMS DESCRIPTIONS

PLEASE SPEAK TO KELLY FOR MORE  
INFORMATION 





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## INTERESTED IN JOINING A COMMITTEE OR A TEAM?

### **Membership Committee**

**Purpose and Responsibilities:**

This committee is concerned with membership recruitment, retention, promotion and advertising.

### **Program Committee**

**Purpose and Responsibilities:**

To research pricing for the classes and clubs to ensure financial viability.

To research fair payment to instructors and ensure that waivers by instructors are in place.

To recommend price changes to the Board.

### **Renovations Committee**

**Purpose and Responsibilities:**

To plan and implement renovations to the Centre's facilities

To assist in writing grants that could fund renovations.

### **Travel and Outings Committee**

**Purpose and Responsibilities:**

To create and implement travel opportunities for members of the Centre (and partnering centres) including day trips, domestic multi-day trips and international trips that make a financial contribution to the Centre's income.

### TEAMS

#### **Kitchen Team**

**Purpose:**

To assist the Program Manager with daily lunches Monday through Thursday, Congregate Dining on Fridays and at Special Events. Must have valid Food Handler's Certification.

#### **Delta Bingo (C-Gaming) Team**

**Purpose:**

To volunteer at Delta Bingo and represent the Centre in exchange for a portion of the proceeds. All money raised goes directly into supporting annual operating budget.

#### **Donations Team**

**Purpose:**

To support the Executive Director to prepare and issue donation receipts on behalf of the Centre. Tax receipts are signed by an officer of the Centre. To prepare the required annual total of issued receipts for audit and T3010 tax report

#### **Newsletter Team**

**Purpose:**

To create the quarterly newsletter "Syme of the Tymes".

To sell advertising for the newsletter.



Alaska Cruise - June 29 - July 6, 2025



In late June and early July, an adventurous group of 25 set sail for Alaska on the *Celebrity Solstice*. Roughly half of the group were members and friends of Syme 55+. Participation in the cruise was organized by Year Round Travel.

The first day was a long one! We were picked up by limousine at 4 am for a 7 am flight to Vancouver. Our tour manager, Melodie Newmarch from Year Round Travel, met us at Pearson Airport and made sure that we and our luggage made it smoothly onto our flight, the bus to the Vancouver Cruise Terminal, and our cruise ship. After settling into our staterooms, our group met for dinner in the ship's main dining room, as we did each evening. Some of us enjoyed a magic show that evening. When we turned in at 11 pm local time (2 am Toronto time), we had been up for almost 24 hours.

Our ship, the *Celebrity Solstice*, with 19 decks and space for almost 3,000 passengers, had all the amenities of a gigantic floating luxury resort. In addition to the main dining room, there was a buffet restaurant up on Deck 14, specialty restaurants, and various pubs and cafes scattered around the ship. The food and drink were delicious and impeccably served. Passengers could enjoy shops, swimming pools, hot tubs, a spa and fitness centre, dancing with live music and DJs, a casino, and even a practice putting green and a glass-blowing workshop with kilns. In the spacious theatre, there were daily theatrical productions and also informative talks on the history, geography, glaciology, and wildlife of the areas being visited. The ship's programme for a typical day listed about 80 separate on-board activities from which we could choose. (continued on next page)





For the first and last full days on the ship, we cruised up and then back down the Inside Passage, where the water was always smooth and the scenery was spectacular. On Day 4, we cruised very close to the face of the Hubbard Glacier, presenting great photo opportunities. On three separate days, we docked in Icy Strait Point, Juneau, and Ketchikan. A wide variety of optional excursions was available in each of those ports. Did you know that Juneau, wedged between the ocean and the mountains, is the only US State Capital that cannot be accessed by highways? People can come and go only by air or by water. Also, we were told that Juneau is the only US State Capital city named after a Canadian.

Throughout the cruise, the weather was cool and often cloudy, but fortunately we had virtually no rain. Ketchikan, which bills itself as "the rain capital of Alaska", greeted us with brilliant sunshine for the Independence Day celebrations on July 4.

For many of us, this was our first visit to Alaska. It was a wonderful experience, and also an opportunity to cultivate new friendships and promote the benefits of membership in Syme 55+. We thank the members of the Travel and Outings Committee for their part in making it possible.

Bob & Susan Roden





# ART CLUB

New this Fall

JOIN OTHER MEMBERS TO WORK ON  
AND CREATE INDEPENDENT PIECES OF  
ART WORK.

NO INSTRUCTOR

Mondays at Noon



## 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 **MONTAGE** - "the technique of producing a new composite whole from fragments of pictures, text, or music".

Can you find 41 or more words?

(The results can be found elsewhere in this newsletter)

I bought a little bag  
of air today...

The company that  
made it was kind  
enough to put some  
potato chips in it as  
well.

(shehzad\_ahmad)

A WISE MAN ONCE SAID:

- Hate has 4 letters but so does Love.
- Enemies has 7 letters but so does Friends.
- Lying has 5 letters but so does Truth.
- Cry has 3 letters but so does Joy.
- Negativity has 10 letters but so does Positivity.

LIFE IS 2 SIDED, SO CHOOSE THE BETTER SIDE OF IT



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.

250 Consumers Road #715  
North York ON  
M2J 4V6

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

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



WHAT'S THE DIFFERENCE  
BETWEEN A POORLY-DRESSED  
MAN ON A TRICYCLE  
AND A WELL-DRESSED MAN  
ON A BICYCLE?

ATTIRE.

A's House

A truck loaded with  
Vicks vapor rub  
overturned on the  
highway.

Amazingly, there was  
no congestion for  
eight hours.


Thought it was my  
**dryer**  
that was making  
my clothes shrink.  
Turns out it's the  
**refrigerator.**

**It's Monday again...**



**Oh wait, I'm retired!**



 Oldtimers

What does it  
sound like  
when a nut  
sneezes?

Cashew!

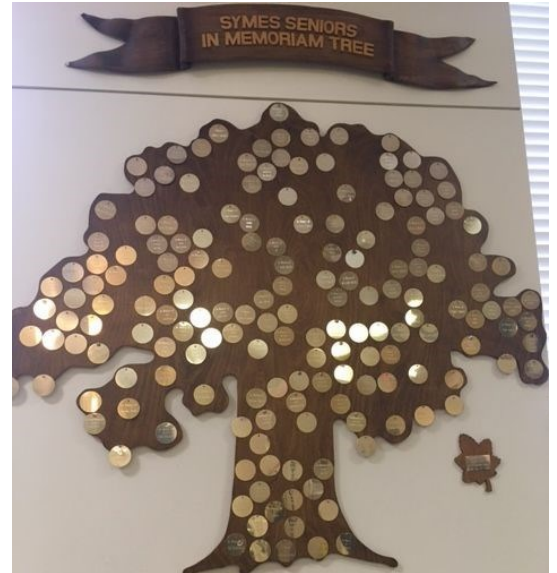


## In Memoriam Tree

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

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

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



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

## Bequests

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

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



## DONATIONS

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

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

### Donation Form

Charitable Registration #12437 7292 RR0001

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

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

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

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

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

**Please make cheques payable to:**

**The George S. Syme Senior Centre of York**

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

### Bereavement Receptions

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



# Zumba Gold

Burn calories and strengthen your muscles,  
all while enjoying a bit of boogie.

Wednesdays at noon



Specifically for 55+ population



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Backgrounds of some famous artists:

-Renoir had been forced to paint designs on China to earn a living.

-Guillaumin was once again forced into an office to earn his keep.

-Luis Solari made ends meet (married with a child) by turning out saints at sixty centimes an hour in a religious emblem factory.

(Their paintings today would be worth a fortune!)

-June Parish

**Note to  
yourself:  
You are not  
too old and  
it is not too  
late.**

**JUST SPENT 45  
MINUTES ON THE  
TREADMILL.  
TOMORROW MY  
GOAL IS TO TURN  
IT ON.**

**"YOU CAN'T BUY HAPPINESS, BUT YOU  
CAN BUY CHOCOLATE AND THAT'S  
PRETTY MUCH THE SAME THING."**



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



CRITERIA

Canada, landscape, scenery or environment

Seasonal

Colourful, with limited white, vertical

Not previously published or displayed

Not displaying company names or other forms of  
advertising

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

No more than 4 submissions/member

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

no later than

December 1, 2025

A dog accepts you as the boss... a cat wants to see your resume



A Fun Quiz

(Answers found elsewhere in the newsletter.)

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

**Once I went to a party with my husband, full of people he knew (from work) but I didn't. A guy came up to us, turned to me and said "You must be his wife." I turned to my husband and said "You have a WIFE?" Should've seen the guy's face!**

OLDTIMERS9.COM

**What do you call a magician who has lost his magic?**

**Ian.**

Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.



# Many Faces of Syme



There are no strangers here—  
only friends you have not met.  
Anonymous



# Many Faces of Syme





Restorative Yoga requires minimal effort while offering meaningful benefits. It is gentle on the body and provides a safe and supportive environment for relief from chronic pain and anxiety.

## RESTORATIVE YOGA

New for Fall

Thursdays at  
11:30am



## WISE CURRENCY DEBIT CARD

When I travel I use the Wise Card. It is a currency exchange card. You can load Canadian dollars from your attached bank account and then change it to any currency you want to use. You can even store multiple currencies. I always have U.S. dollars to use for online shopping. If you do not have the currency of the country you are in it will automatically take it from a currency you have and convert it. When I was in Switzerland I did not have any Swiss Francs. When I wanted to make a purchase I just tapped my card and Euros were automatically converted and used. No big bill when you get home. You can also use it in Canada as a debit card.

<https://Wise.com/ca>

- Lynda Cummings

## Flu, Covid and RSV shots

COVID-19 vaccines will be available for certain high-risk and priority groups starting the week of Sept. 22, while flu vaccines will be available to those same individuals starting the week of Sept. 29, according to the release. The high-risk and priority group includes:

Hospitalized patients and Hospital staff.

Residents and staff in long-term care homes, retirement homes and other congregate settings.

Individuals aged 65 or older.

Ontarians should get the most recent formulation of the COVID-19 shot, as recommended by the National Advisory Committee on Immunization, for better immune responses against the current strains of the virus, the province said in its release.

Respiratory syncytial virus (RSV) vaccines will also be available as of Sept. 22 for Ontarians aged 60 to 74 who meet certain high-risk criteria. Those aged 75 or older are also eligible to receive RSV vaccines.

Posted by Gabriela Silva Ponte · CBC



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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.



### P & M Restaurant

When: Tuesday, October 21, 2025

Time: Meet at 4:30PM

Where: 1946 Weston Rd.

(n. of Lawrence, s. of Little Ave.)

Facilities: washrooms on main floor, paid parking next door or on street.

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



### Kingsway Fish and Chips

When: Tuesday November 18, 2025

Time: Meet at 4:30PM

Where: 3060 Bloor St. W. Etob  
(3/4 block west of Royal York Rd,  
north side of Bloor)

Facilities: washrooms on main floor, street parking.

[www.kingswayfishandchips.com](http://www.kingswayfishandchips.com)



### Red Lobster

When: Tuesday December 16

Time: Meet at 4:30PM

Where: 1790 The Queensway,  
(west of North Queen, east of  
the West Mall)

Facilities: washroom on main floor, lots of free parking.

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



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Where we were:

### Wally's Grill

Syme has gone to this restaurant before and will continue to do so. Prices are reasonable, menu is varied, servings are generous, staff are friendly and, best of all, there is no pressure to leave. I have had liver & onions; full rack of ribs; fettuccine and an omelette. When in the area I will stop for a milkshake.

Donna Tettmar

### The Queensway Bistro

Sadly, when we went to provide the bistro with some information we discovered they were closed for business. There was insufficient time to inform our expected diners so we cancelled this date and informed everyone who had registered.

### Beertown Public House

Can't believe what a splendid dinner I just enjoyed at Beertown sharing laughter, fine food, memories and a little bit of gossip with a wonderful group of happy and friendly seniors....all joyously involved in this very special evening.

Theresa Currie

The restaurant was very accommodating to our needs as a group. The ambience was lively, yet quiet enough to talk to your neighbours. Our servers were efficient and patient with all our questions and requests, and did so with good humour. My meal of a turkey burger and the best fries ever, was delicious and my seatmate, Lynda, thought her side salad was worthy of a main course. - Vena Eaton

Great atmosphere, private area where we could have a friendly conversation. Prompt and polite service from staff. Menu at reasonable prices.

-Arlene Smetaniuk





Year Round Travel Presents

# HOLIDAY SHOW TOUR

Featuring International Superstar Sarah Brightman's Christmas Symphony Tour, Irving Berlin's White Christmas at the Shaw Festival, & Greg Frewin's Wild Magic

**SARAH BRIGHTMAN'S** Christmas concert is a magical blend of classical crossover, festive favorites, and holiday spirit. Known for her soaring soprano voice and theatrical stage presence, Brightman performs timeless carols, sacred hymns, and seasonal classics, accompanied by a live orchestra and choir. The concert features elegant costumes, stunning visuals, and a warm, reflective atmosphere, making it a heartwarming celebration of the season.



**WHITE CHRISTMAS:** This delightful musical follows Bob Wallace and Phil Davis as they team up with sister act Betty and Judy Haynes to put on a Christmas spectacular and save the charming Vermont Inn. Featuring dazzling dance numbers plus a splendid score with hits like "Blue Skies" plus "Sisters", and of course, the title song, this joyous production is the perfect festive treat for the entire family! **GREG FREWIN WILD MAGIC:** This show is breath-taking with a Vegas style format and features illusions that are both one of a kind and internationally renowned, performed by the International Grand Champion of Magic, Greg Frewin.

**Tour Includes:**

- Home pick-up/drop off (Metro)
- Transportation via deluxe coach
- 2 nights accommodation at the Holiday Inn By The Falls,
- \$70.00 in slot play (subject to change without notice)
- 2 breakfasts
- Lunch at Betty's Restaurant
- Dinner at Coco's Steak House
- Dinner at the Skylon Tower
- View the Winter Festival of Lights
- Ticket for A Winter Symphony feat. Sarah Brightman
- Ticket for the performance of Irving Berlin's White Christmas
- Ticket for Greg Frewin's "Wild Magic" Magic Show
- Admission to the Bird Kingdom
- Admission to the Sky Wheel
- Visit to Picard Peanuts
- All hotel taxes and service charges
- All gratuities on included meals
- Baggage handling
- Tour escort



**November 26 to 28, 2025**

Price per person in Canadian Dollars

TWIN \$1049.00    SINGLE \$1299.00

Deposit of \$100.00 per person due upon booking. Balance due 60 days prior to departure.

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

Questions: Contact Syme at 416-766-0388

Optional Cancellation Insurance  
\$73.00 per person



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715  
North York ON  
M2J 4V6

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

Ontario Registration #4281143  
Email: yearroundtravel@on.aibn.com  
www.yearroundtravel.com



What were you doing 54 years ago?

This article about Canada-US trade problems appeared in the Toronto Telegram nearly 54 years ago. Perhaps you are asking from where did this historical document come. While moving some of my mother's furniture we stumbled across this newspaper. It is the **last** edition of the Toronto Telegram. Although the people's names and the dollar figures have changed, the political parties, the countries and the issues have not.

The colour of an eggshell is primarily determined by the breed of the hen. Different breeds produce different coloured eggs, including blue and green. For example:

**Blue Eggs:** Breeds such as **Ameraucanas** and **Araucanas** lay blue eggs.

**Green Eggs:** Hens that lay green eggssuch as **Easter Eggers** and **Olive Eggers**, have both blue and brown pigments.





# SYME 55+ & HNA TRAVELS PRESENTS PORTUGAL

**February 24<sup>th</sup> to March 18<sup>th</sup>, 2026**

Portugal's Algarve Province, with its magnetic Moorish appeal has become a Mecca for snowbirds trying to escape the harsh reality of winter. It's also one of Europe's most picturesque and friendly holiday destinations.



The Algarve is what most of us envision the Mediterranean to be. The whitewashed villages cascade into the sea. Cobblestoned streets are lined with outdoor cafes, bistros, wine bars, and markets full of fresh fruits and vegetables. The weather is wonderfully spring-like and invigorating. Albufeira is the largest, liveliest and most energetic of the resort towns that line southern Portugal's beautiful Algarve coastline.

Albufeira provides stunning beaches, a glorious climate, and a vast selection of restaurants. Within the charming and historic streets of the "Old Town" there are over one hundred different restaurants and bars. There is so much to love about Albufeira, and this has transformed the once peaceful fishing village into the Algarve's most popular holiday destinations – that caters to the long-stay vacationers who just want to relax.

**HOTEL PALADIM & ALAGOAMAR:** <https://www.paladimalagoamar.com/en/>

Hotel Paladim & Alagoamar is a luxury, 4-star establishment ideally located in Albufiera. Relax and enjoy your pool view, a one-bedroom apartment or Studio with a well-equipped kitchen. The Hotel has 2 swimming pools, 2 children's pools and a poolside bar, surrounded by gardens and terraces.



A restaurant is also located on the grounds. Paladim & Alagoamar is centrally located – steps from shopping, dining and along the route of the famous "tourist train".





**WHAT'S INCLUDED:**

**Transportation:**

- Round trip direct flights from Toronto to Faro, Portugal
- Motorcoach transfer from the airport to your hotel.

**Accommodation:**

- 21 nights' accommodation – 1 bedroom apartment with kitchen at the Paladim & Alagoamar Resort, or a studio apartment for Singles. Albufeira <https://www.paladimalagoamar.com/en/>

**Also included:**

- Welcome dinner in Albufeira
- Services of an HNA Travels Tour Director

Please note that optional tours (\$) can be purchased from Tour Rep. in Albufeira

**Cost is \$3,879 each (double occupancy) - One Bedroom Apartment- Pool view!  
\$5,179 (Single occupancy) - In a Studio Apartment**

**Price guaranteed until September 1<sup>st</sup>!**

**Non-refundable deposit of \$800 is due upon booking. Balance due December 1, 2025**

**NOTE – this will sell out quickly – you are encouraged to book early!**

**Not included:**

- Luggage handling; Seat Selection on flights; Meals; Items of a personal nature.
- Customary gratuity to local guides, drivers and your HNA Tour Director

**OUT OF THE COUNTRY and CANCELLATION /Interruption INSURANCE is always recommended, please contact SANDERSON TRAVEL INSURANCE 1-877-226-8728 and tell them HNA Travels sent you!**

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

**Shirlie at 905-619-8583 or [shirlie@hnatravels.com](mailto:shirlie@hnatravels.com) OR**

Call Toll Free: 1-877-672-3030 or Ottawa: 613-843-9900

E-mail: [hnatravels@gmail.com](mailto:hnatravels@gmail.com)

Pay by Visa/Master Card.

A valid/current passport is required.

**HNA TRavels**  
TOUR AND EVENT PLANNERS

219086 Ontario Inc. 55 Holitman Drive, Ottawa, K2J 2K1 [hnatravels@gmail.com](mailto:hnatravels@gmail.com)  
1-877-672-3030 TICO #50017223



# OFFICE COPY

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_  
 PHONE NUMBER: \_\_\_\_\_ MEMBER NUMBER: \_\_\_\_\_

## SYME FALL 2025 CLASS REGISTRATION FORM

Session Date: Monday, September 29<sup>th</sup>, 2025 - Friday, December 19<sup>th</sup>, 2025  
 (No Class Monday, October 13<sup>th</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>11 Weeks</b>    |                                     |                 |            |          |          |                 |
| Lisa B.                          | 1A Mixed Media Art Class            | Church Hall     | 9:30 AM    | 11:30 AM | \$ 66.00 |                 |
| Diane B.                         | 1B Pilates                          | Gym             | 9:30 AM    | 10:30 AM | \$ 33.00 |                 |
| Games                            | Euchre                              | Gp Room         | 10:00 AM   | 12:00 PM | P.A.Y.P  |                 |
| Michael A.                       | 1C Advanced Yoga                    | Gym             | 10:40 AM   | 11:40 AM | \$ 33.00 |                 |
| Club                             | Art Club                            | Church Hall     | 12:00 PM   | 1:30 PM  | \$ 15.00 |                 |
| Luba I.                          | 1D Osteo Keep Fit                   | Gym             | 11:50 AM   | 12:50 PM | \$ 33.00 |                 |
| Club                             | Photo Editing Workshop (6 Weeks)    | Conference Room | 12:00 PM   | 1:00 PM  | \$ 15.00 |                 |
| Luba I.                          | 1E Co-Ed Fitness                    | Gym             | 1:00 PM    | 2:00 PM  | \$ 33.00 |                 |
| <b>TUESDAY</b> <b>12 Weeks</b>   |                                     |                 |            |          |          |                 |
| Halyna I.                        | 2A Cardio Boost                     | Gym             | 9:00 AM    | 10:00 AM | \$ 36.00 |                 |
| 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 | \$ 36.00 |                 |
| Karen F.                         | 2C Level 2 Line Dancing             | Gym             | 11:30 AM   | 12:30 PM | \$ 36.00 |                 |
| Club                             | Hand Dance                          | Gym             | 12:45 PM   | 1:15 PM  | \$ 15.00 |                 |
| Karen F.                         | 2D Drum Fitness                     | Gym             | 1:30 PM    | 2:30 PM  | \$ 36.00 |                 |
| <b>WEDNESDAY</b> <b>12 Weeks</b> |                                     |                 |            |          |          |                 |
| Rebel K.                         | 3A Functional Fitness               | Gym             | 9:45 AM    | 10:45 AM | \$ 36.00 |                 |
| Club                             | Woodcarving                         | Gp Room         | 9:30 AM    | 11:00 AM | \$ 15.00 |                 |
| Club                             | Brain Boost (6 Weeks) Starts Nov 12 | Church Hall     | 10:00 AM   | 11:00 AM | \$ 15.00 |                 |
| Rebel K.                         | 3B Functional Fitness               | Gym             | 11:00 AM   | 12:00 PM | \$ 36.00 |                 |
| Julia G.                         | 3C Zumba Gold                       | Church Hall     | 12:00 PM   | 1:00 PM  | \$ 36.00 |                 |
| Elaine F.                        | 3D Tai Chi Intro                    | Gym             | 12:15 PM   | 1:15 PM  | \$ 36.00 |                 |
| Yushan C.                        | 3E Pilates                          | Gym             | 1:30 PM    | 2:30 PM  | \$ 36.00 |                 |
| Michael A.                       | 3F Chair Yoga                       | Church Hall     | 1:30 PM    | 2:30 PM  | \$ 36.00 |                 |
| <b>THURSDAY</b> <b>12 Weeks</b>  |                                     |                 |            |          |          |                 |
| Club                             | Choir                               | Church Hall     | 9:30 AM    | 11:00 AM | \$ 15.00 |                 |
| Halyna I.                        | 4A Aerobics                         | Gym             | 9:30 AM    | 10:30 AM | \$ 36.00 |                 |
| Michael A.                       | 4B Restorative Yoga                 | Gym             | 11:30 AM   | 12:30 PM | \$ 36.00 |                 |
| Yushan C.                        | 4C Cardio & Strength                | Gym             | 12:45 PM   | 1:45 PM  | \$ 36.00 |                 |
| 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>12 Weeks</b>    |                                     |                 |            |          |          |                 |
| Michael A.                       | 5A Beginners Yoga                   | Gym             | 9:30 AM    | 10:30 AM | \$ 36.00 |                 |
| 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 | \$ 36.00 |                 |

**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 perfumes etc.
- ALL GUIDLINES & PROTOCOLS ARE SUBJECT TO CHANGE**

**Class & Club Total**

**2025 Membership**

**Donation**

CASH  CHEQUE  DEBIT/CREDIT



33 Pritchard Ave, Toronto, ON M6N 1T4  
 Tel: (416) 766-0388  
 www.syme55.com



| 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>Tai Chi Intro</b>          | Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.  |
| <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>Restorative Yoga</b>       | This class incorporates the concept of mindfulness and breath work allowing you to align your physical and mental state through movements or stillness.  |
| <b>Level 1 Line Dancing</b>   | Entry level choreographed dance moves to popular upbeat music.   |
| <b>Beginners 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>Zumba Gold</b>             | Easy to follow Zumba choreography that focuses on balance, range of motion and coordination for active older adults, may include a mix of standing or seated movements.                                      |
| <b>Co-Ed Fitness</b>          | Moderate level seated, standing and walking exercises with weight options to get your body moving.   |
| <b>Advanced Yoga</b>          | Higher level yoga which incorporates stretch, breathe, strength and balance to facilitate an integration of body, mind and spirit.   |
| <b>Osteo Keep Fit</b>         | A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accommodate seated exercise.   |
| <b>Level 2 Line Dancing</b>   | Second level is more advanced choreographed dance moves to popular upbeat 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>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>Wood Carving</b>           | Create works of art with wood and sharp tools.   |
| <b>Brain Boost</b>            | From word scrambles to bilateral brain gym, there are so many ways to boost your brain function. Have fun trying a different brain boosting activity every week.   |
| <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>Art Club</b>               | Join other members who need a space to complete or work on independent pieces of artwork. This club is not instructed.   |
| <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.   |



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## 5 new words have been added to the Cambridge Dictionary

### **"Skibidi"**

A word with varying meanings, both good and bad, originating from a viral YouTube series called Skibidi Toilet – about toilets with human heads sticking out of the bowl.

The Cambridge Dictionary says that it can be used "with no real meaning as a joke". For example: 'What the skibidi are you doing?'

### **"Delulu"**

From the word "delusional".

The term has its origins in K-pop communities where it is used to refer to individuals who are in a parasocial relationship with celebrities and have hopes of meeting them someday. It is also associated with post-truth, as in when a person's beliefs are more important than reality.

The dictionary entry defines it as "believing things that are not real or true, usually because you choose to".

### **"Tradwife"**

Short for "traditional wife".

The word describes a stay-at-home married woman, and its popularity online has been widely criticized as the word refers to socially conservative influencers who celebrate traditional gender roles.

### **"Lewk"**

A version of the word "look".

Popularised by the show RuPaul's Drag Race, it means a distinctive style or outfit, especially one that is impressive.

### **"Broligarchy"**

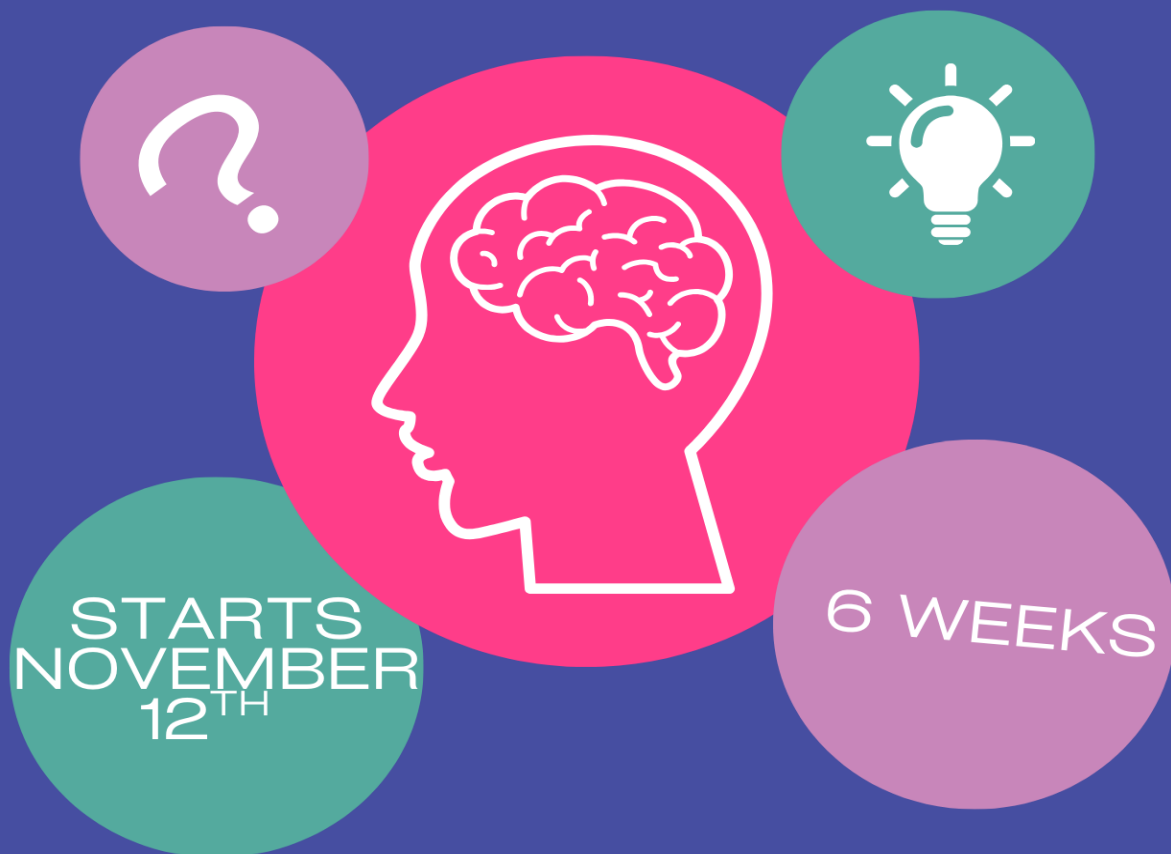
A merging of "bro" and "oligarchy", referring to a powerful group of men in technology.

The dictionary defines the word as "a small group of men, especially men owning or involved in a technology business, who are extremely rich and powerful, and who have or want political influence".

It's not used as a positive term.



# BRAIN BOOST



From word scrambles to bilateral brain gym, there are so many ways to boost your brain function.

Wednesdays at 10:00am



## Laundry:

Washing - 30 mins

Drying - 60 mins

Putting away- 7 to  
10 business days

GOD DID'NT CREATE ANYTHING  
WITHOUT A PURPOSE. BUT  
MOSQUITOES COME CLOSE.

**If you notice cows  
sleeping in a field,  
does that mean it's  
pasture bedtime?**

THE FACT THAT  
THERE'S A HIGHWAY  
TO HELL AND ONLY  
A STAIRWAY TO  
HEAVEN SAYS A  
LOT ABOUT  
ANTICIPATED  
TRAFFIC NUMBERS

**MIDDLE AGE IS JUST WALKING  
AROUND ALL DAY MUTTERING  
THINGS LIKE:**

**“WHAT WAS I GOING TO SAY?”**

**“WHY DID I COME IN HERE?”**

**“DID I ALREADY TAKE MY  
PILL?”**

**“HOW DID I GET THIS BRUISE?”**

**“WHY AM I SORE?”**

**WHERE DID I LEAVE MY  
PHONE?”**

I've been watching  
my weight.

It's still there.



---

## Friday Hot Lunches

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

Jul 4<sup>th</sup> - No Friday lunch.

Jul 11<sup>th</sup> - Summer BBQ sponsored by Arbor Memorial burgers and salads, topped off by the ice cream truck and socializing.

Jul 18<sup>th</sup> - Mediterranean salmon bowls followed by blueberry lemon cake. Downsizing with Brian Cowan, SRES Reality. Tips on buying, selling and relocating for a successful move.

Jul 25<sup>th</sup> - Pizza and wings. Popcorn and lemonade with a movie, 'A man called Otto'.

Aug 1<sup>st</sup> - Thai peanut chicken, rainbow sherbet. Entertainment on Home Management did not show but will hopefully be rescheduled.

Aug 8<sup>th</sup> - Sausage on a bun, fruit cups and doughnuts. Pete and Anna provided a wide range of music and entertainment.

Aug 15<sup>th</sup> - Chicken and scalloped potatoes. A representative from Centennial Health Care spoke on and explained a wide range of services and care to match families and seniors with skilled caregivers.

Aug 22<sup>nd</sup> - A group enjoyed a breakfast combo at the P&M restaurant.

Aug 29<sup>th</sup> - No lunch.

Sep 5<sup>th</sup> - Baked ziti and garlic bread followed by a yummy cinnamon roll. Hosted by Physioplus Health Group, a great session on Falls Prevention. Questions and answers period followed.

Sept 12<sup>th</sup> - Registration Day, no lunches.

Sept 19<sup>th</sup> - Baked sweet potato topped with lentils. A very special tiramisu for dessert. Representatives from the ROM gave informative presentations on various exhibits.

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

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

I choked on a carrot this afternoon and all I could think was "I bet a donut wouldn't have done this to me."



---

# These Everyday Foods Are Packed with More Protein Than Your Average Shake

by Ida-Marie Palm Varbæk in Welltica+

## Chicken breast

With 26 grams of protein per 3-ounce serving, chicken breast tops the list of natural protein sources.

It's not only filling, but also rich in essential nutrients like B vitamins, zinc, and selenium that help your body thrive.

## Cottage cheese

One cup of cottage cheese delivers 23.5 grams of protein, beating most protein shakes.

It's easy to add to eggs, pancakes, or enjoy on its own as a snack. Bonus: it's also high in calcium, vitamin B12, and selenium.

## Greek yogurt

Greek yogurt offers 25 grams of protein per cup, making it a great choice for anyone looking to up their intake.

It's also rich in calcium, essential for strong bones, nerve function, and muscle health.

## Ground turkey

At 25.3 grams of protein per serving, ground turkey is a smart swap for red meat.

It's full of B6 and zinc, which support your immune system and play a key role in over 100 enzymatic functions in the body.

## Sardines

A 3.75-ounce can of sardines contains 22.6 grams of protein and is loaded with B12, iron, vitamin E, and calcium.

Enjoy them on toast, salads, or straight from the can for a protein-packed snack.

## Ground beef

Beef brings 23.5 grams of protein per 3-ounce serving to the table.

It's also a good source of iron and zinc, which help your body produce energy and support immune health.

(continued on next page)



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## Shrimp

Shrimp offers 20.4 grams of protein per 3-ounce serving and comes with extra perks like vitamin B12, selenium, and astaxanthin - a powerful antioxidant that helps protect your cells.

## Canned tuna

A pantry staple, canned tuna delivers 20.1 grams of protein per serving. It's a great low-carb, high-protein choice that fits into quick meals and snacks.

## Tempeh

Tempeh, made from fermented soybeans, packs 19.9 grams of protein per 100 grams. It's also a good source of iron, magnesium, and manganese - and perfect for plant-based meals.

## Canned salmon

With nearly 20 grams of protein per serving, canned salmon is a budget-friendly, convenient option.

It's also rich in omega-3 fatty acids, vitamin B12, and potassium - supporting heart and immune health.

I went to a bookstore and asked the saleswoman, "where's the self-help section?". She said if she told me, it would defeat the purpose.

## What is protein?

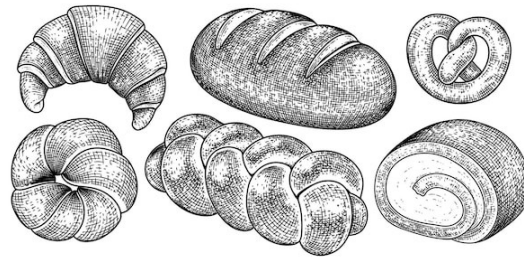
Protein is an essential macronutrient that is critical to the health of every cell in our bodies. It is necessary to build and maintain muscle and other tissues, create red blood cells, and keep hair, skin and fingernails healthy. It helps produce antibodies and keeps our immune systems running strong. Protein is satiating, helping us stay fuller longer after a meal, and it helps temper spikes in blood sugar when eaten with carbohydrate-rich foods.

Protein is made up of chains of amino acids. There are 20 amino acids we need for survival, but our bodies can make 11 of them, which means we need to get the remaining nine from what we eat.

If a food is plentiful in all nine essential amino acids, it is considered a complete protein. This includes meat, fish, eggs, milk, cheese and soy-based foods, such as tofu and edamame. Beans, nuts, seeds and grains, on the other hand, are incomplete proteins on their own, but they complement one another to provide all the essential amino acids. (They do not have to be eaten at the same meal to add up to a complete protein.)



Canadian Packaged Bread



Class Actions Settlement

The nationwide class actions against Loblaw/Weston received court approval of a \$500 million settlement for conducting "anti-competitive conduct resulting in overcharges for Packaged Bread sold in Canada from January 1, 2001 to December 31, 2021, inclusive."

The monies will be distributed to persons who purchased packaged bread for personal use. Claimants must be a resident in Canada on December 31, 2021. No proof of purchase necessary. The exact amount each person receives is unknown until after the deadline, but it could be \$25.00.

The class action definition of packaged bread is "any and all packaged bread products and bread alternatives including, but not limited to, bagged bread, buns, rolls, bagels, naan bread, English muffins, wraps, pita and tortillas, but excluding bread frozen when sold and bread baked on-site in the establishment where it is sold," according to the website.



To make a claim or for more information visit the website at [canadianbreadsettlement@claims.veritaglobal.com](http://canadianbreadsettlement@claims.veritaglobal.com). Call 1-833-419-4821, if you are unable to submit a claim online.

Those who redeemed a Loblaws gift card are not eligible on this claim

-Vena Eaton

I was at the cemetery today putting some flowers down. As soon as I walked away a lady came up to me and said "Hey, how are you today?" I said, Oh sh\*t, you can see me? She freaked out and took off running. 🏃🏻‍♀️ 🤪 😂



  Variation Law -If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now



**MEET YOU THERE**

**ETOBICOKE  
PHILHARMONIC  
ORCHESTRA**

**WINTER SWEETS**

**FRIDAY DECEMBER 12<sup>TH</sup>, 2025  
HUMBER VALLEY UNITED CHURCH  
76 ANGLESEY BLVD  
SHOW STARTS AT 8:00PM**

**PURCHASE TICKETS, \$25.00 AT THE DOOR OR ONLINE  
[HTTPS://EPORCHESTRA.CA/SEASON/2526/WINTER-  
SWEETS/](https://eporchestra.ca/season/2526/winter-sweets/)**

**COME COZY UP WITH US ON A COLD WINTER'S EVE  
FOR SWEET MUSIC AND SPECIAL TREATS.  
IT'S A FUN, FESTIVE CONCERT TO CELEBRATE THE  
SEASON.**



**Word Fun:** Montage

(Play directions appear elsewhere in the newsletter)

|               |             |              |              |              |              |              |                |             |
|---------------|-------------|--------------|--------------|--------------|--------------|--------------|----------------|-------------|
| <b>Magnet</b> | <b>Mane</b> | <b>Mange</b> | <b>Mango</b> | <b>Mate</b>  | <b>Mean</b>  | <b>Meant</b> | <b>Megaton</b> |             |
| <b>Moan</b>   | <b>Moat</b> | <b>Monte</b> | <b>Mote</b>  | <b>Oaten</b> | <b>Omega</b> | <b>Omen</b>  | <b>Name</b>    |             |
| <b>Neat</b>   | <b>Note</b> | <b>Tame</b>  | <b>Tango</b> | <b>Tango</b> | <b>Team</b>  | <b>Toga</b>  | <b>Tome</b>    |             |
| <b>Tone</b>   | <b>Tong</b> | <b>on</b>    | <b>Ae-</b>   | <b>Agent</b> | <b>Amen</b>  | <b>Among</b> | <b>Ante</b>    | <b>atom</b> |
| <b>Atone</b>  | <b>Game</b> | <b>Gate</b>  | <b>Genoa</b> | <b>Gnat</b>  | <b>Gnome</b> | <b>Goat</b>  | <b>gone</b>    |             |

**Law of the Theater & Hockey Arena -**

At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.





Answers To Quiz:

1. *The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.*
2. *North American landmark constantly moving backward: Niagara Falls .. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.*
3. *Only two vegetables that can live to produce on their own for several growing seasons: Asparagus and rhubarb.*
4. *The fruit with its seeds on the outside: Strawberry.*
5. *How did the pear get inside the brandy bottle? It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.*
6. *Three English words beginning with dw: Dwarf, dwell and dwindle...*
7. *Fourteen punctuation marks in English grammar: Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.*
8. *The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: Lettuce.*
9. *Six or more things you can wear on your feet beginning with 'S': Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.*



**I get most of my exercise these days from shaking my head in disbelief.**



A German Shepherd, a Doberman, and a Cat died. All three appear before God Who wants to know what they believe in.

The German Shepherd says, "I believe in discipline, training, and loyalty to my master."

"Good," say God, "then sit down on my right side."

"Doberman, what do you believe in?" asked God.

Doberman answers, "I believe in the love, care, and protection of my master."

"Aha," said God, "you may sit to my left."

Then He looks at the Cat and asks, "And what do you believe in?"

The Cat answers, "I believe you're sitting in my seat."



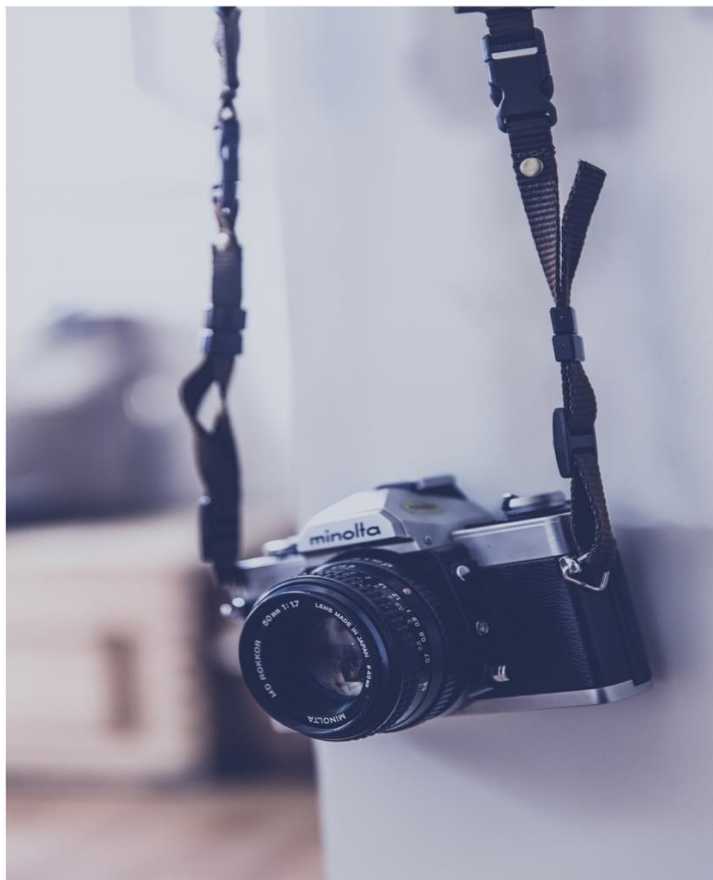
**IT AMAZES ME  
HOW MUCH EXERCISE  
AND EXTRA FRIES  
SOUND ALIKE**



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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)





•••• YEAR ROUND TRAVEL PRESENTS ••••

**FAIRMONT EXPERIENCE**



Join Year Round Travel on this fabulous holiday to the province of Quebec. This wonderful holiday highlights some of Canada's most iconic hotels. Staying in Fairmont 5 Star hotels in **Montreal, La Malbaie, Montebello & Quebec City**, you'll enjoy exceptional comfort, unparalleled service, incredible dining options, and world class amenities!

**TOUR INCLUDES:**

- Home pickup/drop off (Metro Toronto)
- Return transportation via deluxe coach
- 2 nights accommodation at the Fairmont Queen Elizabeth in Montreal
- 2 nights accommodation at the Fairmont Le Manoir Richelieu in Malbaie
- 2 nights accommodation at the Fairmont Le Chateau Montebello
- 2 nights accommodation at the Fairmont Le Chateau Frontenac in Quebec City
- 4 dinners - Old Quebec City, historic Maison Du Bootlegger & dinner at Chateau Montebello, Old Montreal
- ½ day tour of Quebec City / ½ day tour of Charlevoix Region
- City tour of Montreal
- Basilica of Sainte-Anne-de-Beaupré
- Admission and tour of Parc Omega / Area tour of Montebello
- All hotels taxes, service charges & resort fees / Baggage handling / Tour escort

**DATE:** April 23 to May 1, 2026

**PRICE:** Twin: **\$2669** Single: **\$3649**

**Call for optional Cancellation Insurance.**  
**Price Per Person In Canadian Funds Based on Twin Occupancy.**  
*\$300 deposit due upon booking. Balance due 60 days prior to departure.*

**SOUTHERN CARIBBEAN CRUISE**



Join Year Round Travel aboard the 5 STAR Enchanted Princess as we sail south into the idyllic waters of the Caribbean Sea! We'll be pampered while we cruise to some of the very best ports of call in the western hemisphere! Our cruise ship the Enchanted Princess shares the spectacular style and luxury of the Princess Cruise Lines fleet and introduces new attractions all her own.

**TOUR INCLUDES:**

- Home pick-up/drop off (Metro Toronto)
- Return airfare Toronto - Ft. Lauderdale
- Transfers in Ft. Lauderdale to hotel / ship / airport
- 1 night pre-cruise accommodation
- 10 nights Southern Caribbean Cruise
- All meals aboard the ship
- Beverage Package including gratuities
- Unlimited Wi-Fi (one device per person)
- Gratuities for cabin steward & dining room staff
- All hotel tax, service charges, & departure taxes
- All port taxes
- Baggage handling
- Tour escort

**DATE:** February 4 to 15, 2026

**PRICE:** Inside Cabin: **\$4899** Balcony Cabin: **\$6199**

**Call for optional Cancellation & Medical Insurance.**  
**Price Per Person In Canadian Funds Based on Twin Occupancy.**  
*Deposit of \$750 per person due upon booking. Balance due October 3, 2025*



**SENIOR GROUP TOUR SPECIALISTS**

**(416)-499-1444 or 1-(888)-804-8841**

**EMAIL: YEARROUNDTRAVEL@ON.AIBN.COM**

250 Consumers Road #715, North York ON M2J 4V6 [www.yearroundtravel.com](http://www.yearroundtravel.com)