

# A Syme of the Tymes

Volume 17 Issue 4

## A PAST WINTER!

*Syme*  
**55+**  
CENTRE



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

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Web: [www.syme55.com](http://www.syme55.com)

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Editor: [flexible@bell.net](mailto:flexible@bell.net)



Above: facing Pritchard Ave.

Below: Board of Directors 2024-2025





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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 - Friday, 8:00am - 4:00pm

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

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

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

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



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



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

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



### **MYSYMECENTRE**

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

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

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

## **STAFF**

**Kelly Montgomerie**  
Executive  
Director

**Cleriese Lewis**  
Program  
Manager



## REGISTRATION FOR PROGRAMS

Next registration day is tentatively scheduled for **MARCH 7th**. All participants in classes, clubs and games must register using the registration form.

### PROGRAM POLICIES

- ◆ Membership is required for all classes, clubs, drop in programs and activities
- ◆ We regret that we cannot compensate for missed classes
- ◆ Classes are subject to cancellation if class does not reach five (5) participants
- ◆ Class changes must be requested in the first two weeks of the session.
- ◆ Individuals can try up to 3 programs, one time each before registering. You cannot try a class that is at capacity.



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 2024-2025

### Executive

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

### Directors

Wieslawa Bilan  
Jim Lane  
Kim Lambert  
Rose Nardi  
Gary Peltz  
Joyce Woronchak  
Donna Tettmar (Past President)



## NOTES FROM THE EDITOR'S DESK



The other day I was in the bank to pay my bills and make a withdrawal. The teller asked me if she could ask me a question. After I consented, she asked me if anyone had asked me for money or to make a withdrawal. After assuring her that I had not; I realized that my transactions that day were a deviation from my normal banking. I hope bank staff continue to monitor unusual activity and gently question customers. I was not offended, I was grateful.

The Cornell Lab Bird Cams are a wonderful way of enjoying nature from the comfort of your home. You can watch owls, osprey, northern royal albatross or other bird species from egg to fledge any time of the day or night. I check frequently. The web cams can be viewed at [www.allaboutbirds.com](http://www.allaboutbirds.com). Cornell Lab of Ornithology is part of Cornell University.

The visiting cat arrived in mid-December. She is a beautiful calico who just wants to be nearby and touched in contrast to the downstairs cat, a tortoiseshell, who wants nothing to do with me even though I feed her. The visiting cat sleeps on my bed, snuggling up to me. I am in seventh heaven! I have my 'cat fix' until mid-April. The downstairs cat couldn't care less. Thank goodness they get along.

My cell phone beeps periodically. I turned everything off, but it still beeped. I took it to my family get together/gift exchange where I asked my sister-in-law to fix it. She found something not turned off so she did that. After everyone left and I was visiting with Mum, all of a sudden, we heard this beeping noise, again. We both thought my phone had a gremlin in it and it was beeping once more. We ignored it, sort of. When I got home my mother called to say that it was not my phone but her brand new heart monitor that had been beeping away. It looks and sounds like my cell phone may finally be silenced.

-Donna Tettmar

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

Some days  
I amaze myself.  
Other days, I put my  
keys in the fridge.



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A message from our Executive Director

Kelly Montgomerie



# welcome to winter 2025

We look forward to another year filled with fitness,  
food, friendship and fun!

With thanks for all your  
continued support

Kelly and Clerièse





# AFTERNOON TEA

**THE WINDSOR ARMS HOTEL**

18 St. Thomas Street

Date: Wednesday, January 15, 2025

Time: 1:00 pm

Cost: \$65.00/Person (Cash, Cheque, debit Card)

\$68.00/Person (Credit Card)

Register: Office, Syme 55+ Centre

**MEET YOU THERE!**





**As I've got older,  
I thought I was starting  
to get lazy, but it  
turns out I am  
just being more  
energy efficient.**



One day, you'll be able to tell your grandkids, "I survived the Great Toilet Paper Shortage of 2020."

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

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

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



**647-302-6373**

**Ask about a FREE Planning Kit**

 **Lynett Funeral Home**  
by Arbor Memorial

3299 Dundas Street West, Toronto, ON  
[www.lynettfuneralhome.ca](http://www.lynettfuneralhome.ca)



ACCIDENTALLY USED  
THE DOGS SHAMPOO  
NOW IM FEELING LIKE  
SUCH A GOOD GIRL

DEAR AUTOCORRECT,  
PLEASE STOP  
CHANGING MY BAD  
WORDS INTO NICE  
ONES, YOU PIECE OF  
SHUT!



YORK SOUTH—WESTON COUNCILLOR  
**FRANCES NUNZIATA**

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



✉ [councillor\\_nunziata@toronto.ca](mailto:councillor_nunziata@toronto.ca)  
🐦 @FrancesNunziata    📘 @Frances.Nunziata.Ward5

**COMMUNITY OFFICE**  
2221 Keele St, Unit 102  
416-338-0220

**CITY HALL OFFICE**  
100 Queen St W, Suite C49  
416-392-4091

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

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**416-241-6188**



## Meet You at Little Canada.



- When: Wednesday, March 5, 2025**
- Time: 11 a.m. Meet at Coat Check**
- Cost: Seniors: \$31.64 (taxes included)**
- Where: 10 Dundas St. East, across the street from Yonge/ Dundas Square. The accessibility entrance is 319 Yonge St., north of Dundas, east side. Visit [www.little-canada.ca](http://www.little-canada.ca) for more information.**

Stroll across Canada in miniature form, from Gros Morne Park in the east, the CN Tower and Niagara Falls in Ontario, to Vancouver on the west coast. The exhibit is to scale, and the detail and animation will thrill enthusiasts, along with anyone interested in seeing our vast country in miniature form.

**Deadline to register Monday, March 3, 2025**



## TRAVELLING ABROAD ANYTIME, ANYWHERE

### Register with the Canadian Government.

I have registered with this service ever since there was a bombing at a Jimbaran Beach resort in Bali in 2005. We were supposed to stay there but changed our plans a few days prior to the event and stayed on another part of the island. Since that time, I register even when visiting friends in Wales. In light of the behaviour of our neighbours to the south, I would also register if I was travelling to the U.S.A.

This is the link at which a person can register with the Canadian Government before setting out on a vacation to a foreign country.

There is no cost for so doing, it takes only a few minutes to complete the registration, and it is one of the most important preparations you can make with respect to your long-awaited vacation.

In the unlikely event that a natural disaster or some form of civil unrest or political upheaval occurs that could affect your safety and well being, the Canadian Government will know where you are and be able to come to your aid.

Whether you are a tourist at a popular holiday destination or someone visiting relatives abroad you would be foolish to not take advantage of this free service. If you don't do it for yourself, do it for your loved ones.

<https://travel.gc.ca/travelling/registration>

-Gail Barber

### And furthermore-

#### Do your homework

The website below provides useful information (history, entry requirements, safety, etc.) about almost every country you might consider visiting is shown below.

<https://travel.gc.ca/travelling/advisories>

#### Research your destination

Finding out everything you can about your chosen destination is strongly recommended. Familiarizing yourself with the “dos and don'ts” of other places can make your holiday stress free. I don't expect anyone at Syme 55+ plans to wear such attire but this excerpt taken from <https://www.destinationtips.com/destinations/19-things-not-to-do-in-barbados/> illustrates my point:

#### Don't Wear Camouflage

That military pattern may be on-trend in the world of fashion, but you'd better leave any camouflage-wear at home if you're Barbados bound. It's actually illegal for anyone but the Barbados Defense Force to don this style here. Even toddlers in cute pink camo shorts are prohibited. Seriously. Visitors have had contraband camouflage clothing confiscated at the airport and have been denied entry at some attractions for this unwitting offense. You may not be arrested if you're caught in an army fatigue bikini, but you may be asked to change.

Gail Barber



# Muskoka River Cruise



On a not so sunny day in late September, a group of Syme members set out early in the morning for a Muskoka River cruise. We stopped for lunch at a cozy little spot named The Oar. The restaurant served a delicious lunch with generous servings. From there we journeyed on to Bracebridge where we would board the Lady Muskoka for a 90 minute cruise. We saw many beautiful homes, bathouses and cottages along each side of the river. We travelled as far as Santa's Village where a large ferry was anchored as a reminder of the spring flood of 2019, when heavy rains, paired with melting snow and a sudden temperature increase led to devastating flooding. These conditions caused a buildup of silt at the mouth of the river which prevented boats from entering into Lake Muskoka. We turned at this point and headed for the Bracebridge Falls where the north branch of the Muskoka River joins with the south branch. These falls provide a great source of power for the surrounding area. We passed as close to the falls as possible for picture taking. On the way home we stopped at a great variety store in Orilla for last minute shopping. The trip was very enjoyable.



Bonnie Rutherford





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# WELCOME

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 in a class or at 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.

Theresa Shearer  
Pauline Deane  
Lorrie Howe  
Bambi Ruthledge  
Lilian Pereira  
Eva Bartha  
Elizabeth Walker

Jan McBeth Mutter  
Elizabeth Diduch  
Teresa Sibbio  
Gaile Saltmiras  
Donna Costanzo  
Devion Bobrowska  
Jocelyn Bilodeau

Donna Bartlam  
Laura Baker  
Ellen Thomson  
Maureen Ralph  
Liliane Bobrowska  
Michael Szul  
Nancy Watts



## **Annual General Meeting**

This important event will be held in April 2025.  
Elections for the Board of Directors will be held.  
Our audited financial statement will be presented.  
Other important matters will be brought forward.



# January

## *Upcoming Events*

**Jan  
10**

### **Toronto Hearing Clinic**

- Chicken Pot Pie
- \$8.00/Member

**Jan  
17**

### **Celebrations at the ROM**

- Chicken Souvlaki, rice & potatoes
- \$8.00/Member

**Jan  
24**

### **What to know before you go - Ward Funeral Home**

- Lasagna, salad, garlic bread
- \$8.00/Member

**Jan  
31**

### **Mandarin - Queensway**

- Must register in advance
- \$31.00/Member



## 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 DILUTES: meaning—makes thinner by adding a liquid. .

The average mark is 30 words in 40 minutes. Can you find 44 or more words?

(The results can be found elsewhere in this newsletter)

**I am  
responsible  
for what I  
say, not what  
you  
understand.**







# **VALENTINE'S DAY LUNCH 50/50 MEGA DRAW Friday, February 14, 2025**

## **Tickets**

**1 for \$5.00**

**3 for \$10.00**

**First Prize**      **50/50 draw**

**Second Prize**      **Raptor's Prize Package**

- Includes 2 tickets to Raptor's versus Miami Heat at Scotiabank Arena on Friday, February 21, 2025. Game time 7:30 p.m. Tickets are in Section 320. Row 3, Seats 1 and 2. Tickets will be emailed to the winner.
- Signed Raptor's Jersey by former player Dalano Banton #45. He was the first Canadian to be drafted by the Raptor's. His jersey number represents his love of the city and travelling on the TTC's #45 Kipling bus. He now plays for the Portland Trail Blazers.
- Raptor's 905 team travel mug.

(Donated by Scott Thompson, CFP Financial Advisor, Edward Jones, 2842 Bloor St. W. Etobicoke, M8X 1B1)

**Tickets go on sale Monday, January 6, 2025**





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## WELLSPRING AND CANCER DIAGNOSIS

Syme recently had a presentation from Wellspring after one of our Friday lunches.

I thought I would share my family's personal experience with Wellspring and the programs and services they offered us which, by the way, were all free-of-charge.

In the Spring of 2021, my husband was diagnosed with Stage 4 pancreatic cancer. There was no surgical option available. The only treatment offered was chemotherapy. As you can imagine, our life was turned upside down. The news was devastating. He had to go to the hospital every two weeks for treatment. We were given Wellspring's contact information by a hospital social worker. The fear and helplessness we were feeling was overwhelming.

Shortly after communicating with Wellspring, my husband was contacted by a volunteer mentor who had also been impacted by cancer and was available for him to talk to about what he was experiencing and to answer questions. He was given access to several sessions of counselling assisting him to process his feelings with emotional and mental health support. He also joined two cancer support groups- one for pancreatic cancer and one for other cancers which were led by a social worker. In these group sessions, individuals were able to share their challenges and emotions with others who were facing the same experiences. He really looked forward to these group sessions as they all supported and learned from each other.

As a caregiver, I was also given access to a social worker and a support group. It was extremely helpful to hear what other caregivers were going through and to share and learn from each other. It can be very challenging having to put your own needs and feelings aside to focus on the person with cancer. Wellspring also provides mindfulness, relaxation and other programs online,

Much of this took place online as this was during Covid. As we were not able to associate personally with other family members and friends, the Wellspring programs were tremendously helpful.

Cancer touches the lives of an entire family. If anyone you know has been given a cancer diagnosis, I would strongly recommend getting in touch with Wellspring and taking advantage of all the services they offer.

-a Syme member

Wellspring Cancer Support Foundation  
105 Wellness Way, Toronto  
416-480-4440



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## In The News

### Telephone Exchange

Did you know that Toronto will receive an additional telephone exchange in April 2025. Area code 942 will be joining 416, introduced in 1947, 647, initiated in 2001 and 437, which came into effect in March 2013. All were added as the exchange numbers were being used up by a growing population. When do you suppose the next expansion will occur?

### Olympics Follow up

In France seven people have been charged in connection with cyberbullying targeting the artistic director behind the Paris Olympics opening and closing ceremonies. They face counts of death threats, aggravated insults and cyberbullying according to the Toronto Star article. More arrests are expected.

### Word of the Year

Oxford University Press announced that the Oxford Word of the Year for 2024 is 'brain rot'. 'Brain rot' is defined as "the supposed deterioration of a person's mental or intellectual state, especially viewed as the result of overconsumption of material (now particularly online content) considered to be trivial or unchallenging. Also: something characterized as likely to lead to such deterioration"

Cambridge Dictionary crowned 'Manifest' as word of the year. Alongside manifest, other top words of 2024 include 'brat' (a misbehaving child), 'demure' (quiet and well-behaved), 'Goldilocks' (describing something just right) and 'ecotarian' (someone who eats sustainably).

### The Cost of the 12 Days of Christmas

The cost of buying all the gifts from the song "12 Days of Christmas" has increased over the years. According to the U.S. Bureau of Labor Statistics, it would currently cost \$41,205 per day to buy everything listed in the song. The most extravagant gift is "Ten Lords-a-Leaping" at \$14,539.20/day. The least expensive is "Eight Maids-a-Milking" at \$58.00/day.

### Free from Copyright

The original Popeye is among the intellectual properties now in the public domain after the 95-year copyright protection. The spinach that gave him his super strength didn't appear in the animated short until 1933 and those cartoons are still protected under copyright law.

-Donna Tettmar



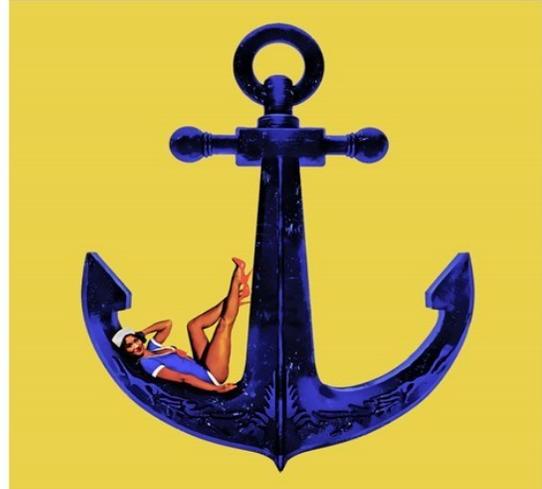
COME AND JOIN US

ON

THURSDAY MAY 22, 2025

AS WE TRAVEL BY LUXURY COACH TO THE SHAW FESTIVAL AT  
NIAGARA-ON-THE-LAKE

TO SEE



**TICKET SALES CLOSE WEDNESDAY APRIL 2ND, 2025**  
**REGISTER & PAY IN SYME55+ CENTRE OFFICE**

**What You Need to Know:**

Date: Thursday, May 22, 2025

Departing from: Jane Park Plaza

Time: 8:30 AM (promptly)

Returning: 6:00 PM

Cost: Member \$130.00; Non-Member \$135.00

( plus \$5.00 surcharge for credit card use)



## Strenuous Exercise

.....Here's a list of strenuous activities that do not require much physical effort...

1. Beating around the bush...
2. Jumping to conclusions...
3. Climbing up the wall...
4. Swallowing your pride...
5. Passing the buck...
6. Throwing your weight around...
7. Dragging your heels...
8. Pushing your luck...
9. Making mountains out of molehills...
10. Hitting the nail on the head...
11. Wading through paperwork...
12. Bending over backwards...
13. Jumping on the bandwagon...
14. Balancing the books...
15. Running around in circles...
16. Eating crow...
17. Blowing your own horn...
18. Climbing the ladder of success...
19. Pulling out all the stops...
20. Adding fuel to the fire...
21. Opening a can of worms...
22. Putting your foot in your mouth...
23. Setting the ball rolling...
24. Going over the edge...
25. Picking up the pieces...



An average heart beats **100,000** times a day, pumping some 2,000 gallons of blood through its chambers. Over a 70-year life span, that adds up to more than 2.5 billion heartbeats.

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



A group of kangaroos is called a **mob**



“First method of estimating the intelligence of a ruler is to look at the men he has around him.”

— Niccolo Machiavelli



## A New Twist on an Old Scam or The Same Old Scam

The new elements of this scam: payment in bitcoin, my first and last name, address and phone number and a picture of my house all in this threatening email. It really was scary as the sender said they could even come to my house.

The old part of the scam was that they had placed Malware on a porn site I had visited (according to the sender) and now could see what web sites I was watching and my reaction. Unless I paid them they would send videos to all my contact list. They wanted \$2000.00.

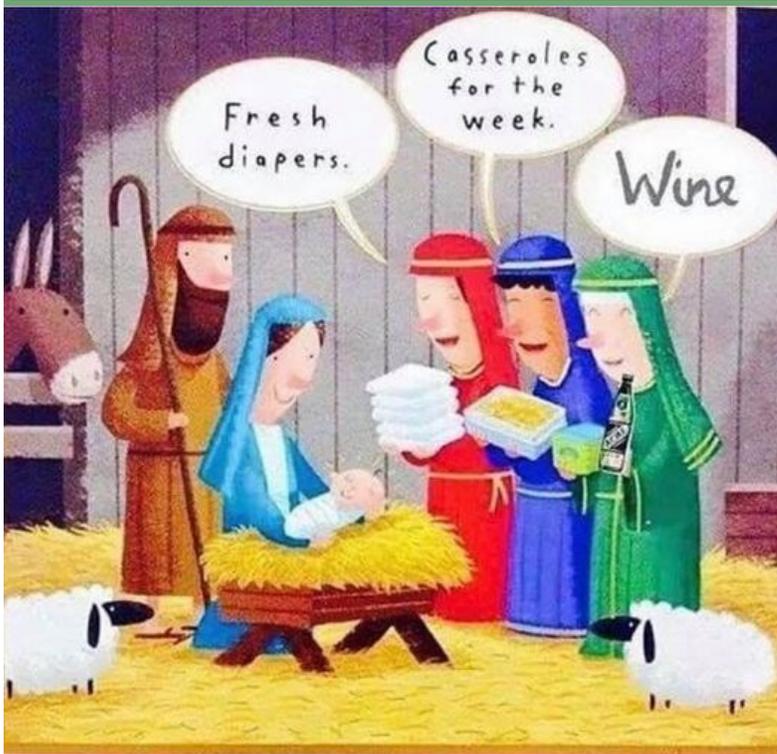
The new element is that it had to be paid in Bitcoin.

Now, I am not a stupid person. I know this is a scam but I am mentioning this because the letter was intimidating in that it was addressed to me at my email address and included my phone number and home address. There was also a picture not of my house but one across the street.

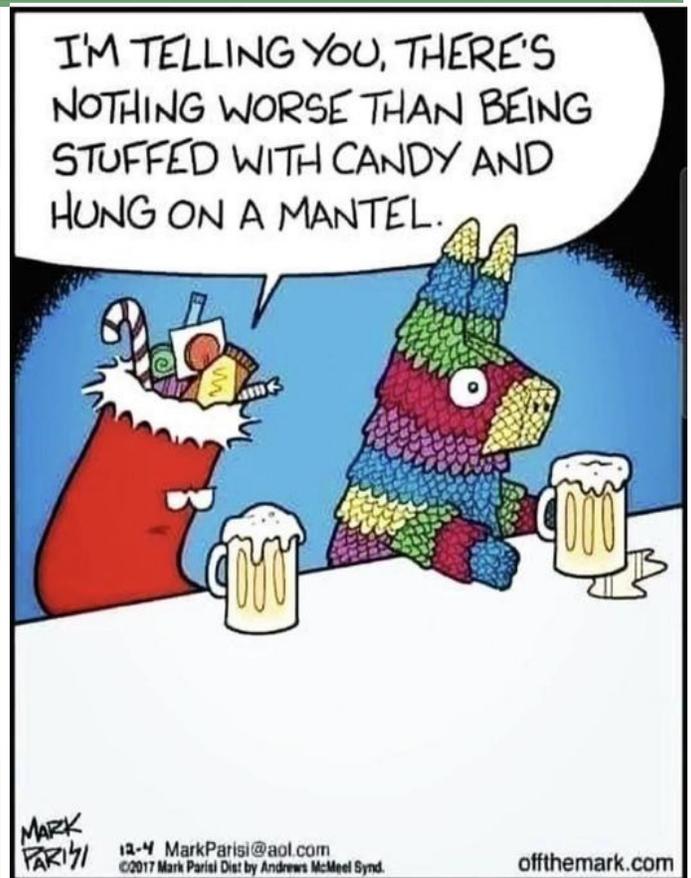
I informed the Canadian Anti-Fraud Centre immediately and forwarded them copies of what I had been sent.

While I don't expect to hear anything directly I do have a file number in case anything further develops. Nothing has !

- Arlene Smetaniuk



After the Three Wise Men left, the Three Wiser Women arrived.



MARK  
PARISI

12-4 MarkParisi@aol.com  
©2017 Mark Parisi Dist by Andrews McMeel Synd.

offthemark.com



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Thank  
You

CUPE LOCAL 4400  
SCARLETT GARDENS NURSERY AND FLORIST  
SYME MEMBERS AND SUPPORTERS  
THIS YEAR WE RAISED \$15,000 IN DONATIONS



# Many Faces of Syme







# Many Faces of Syme



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



| 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>Technology 101 Beginners</b> | Beginner level technology help for you to be more comfortable with your devices and internet browsing.   |
| <b>Technology 101 Advanced</b>  | Intermediate & advanced level technology help for you to be more comfortable with your devices and internet browsing.  |
| <b>Aerobics</b>                 | Lower intensity rhythmic movements that enagage 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>Stretch &amp; Strength</b>   | Standing and sitting exercises to help improve your bone and muscle strength. Will help you to improve your range of motion as well as improved wellness.  |
| <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>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>Wood Carving</b>             | Create works of art with wood and sharp tools.   |
| <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.   |



|                      |                     |  |               |
|----------------------|---------------------|--|---------------|
| <b>FIRST NAME:</b>   | FOR OFFICE USE ONLY |  |               |
| <b>PHONE NUMBER:</b> |                     |  | (ALL NUMBERS) |

Session Date: Monday, January 6<sup>th</sup> 2025 - Friday, March 28<sup>th</sup>, 2025  
(No Class Monday, February 17<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 Yoga                     | Gym             | 10:40 AM   | 11:40 AM | \$ 33.00 |                 |
| Luba I.          | 1D Osteo Keep Fit           | Gym             | 11:50 AM   | 12:50 PM | \$ 33.00 |                 |
| 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               | Gp Room         | 9:30 AM    | 11:00 AM | \$ 15.00 |                 |
| Games            | Mah Jong                    | Conference 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                  | Gp Room         | 12:45 PM   | 1:15 PM  | \$ 15.00 |                 |
| Karen F.         | 2D Standing 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         | 10:00 AM   | 12:00 PM | \$ 15.00 |                 |
| Karen F.         | 3B Chair Dance              | Church Hall     | 10:00 AM   | 11:00 AM | \$ 36.00 |                 |
| Rebel K.         | 3C Functional Fitness       | Gym             | 11:00 AM   | 12:00 PM | \$ 36.00 |                 |
| Elaine F.        | 3D Tai Chi Intro            | Gym             | 12:15 PM   | 1:15 PM  | \$ 36.00 |                 |
| Michael A.       | 3E 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 |                 |
| Games            | Bridge                      | Gp Room         | 10:00 AM   | 12:00 PM | P.A.Y.P  |                 |
| Games            | Cribbage                    | Gp Room         | 10:00 AM   | 12:00 PM | P.A.Y.P  |                 |
| Games            | Canasta                     | Gp Room         | 10:00 AM   | 12:00 PM | P.A.Y.P  |                 |
| Sheldon G.       | 4B Technology 101 Beginners | Church Hall     | 11:30 AM   | 12:30 PM | \$ 36.00 |                 |
| Yushan C.        | 4C Stretch & Strength       | Gym             | 12:30 PM   | 1:30 PM  | \$ 36.00 |                 |
| Sheldon G.       | 4D Technology 101 Advanced  | Church Hall     | 12:40 PM   | 1:40 PM  | \$ 36.00 |                 |
| <b>FRIDAY</b>    | <b>12 Weeks</b>             |                 |            |          |          |                 |
| Michael A.       | 5A Yoga                     | Gym             | 9:30 AM    | 10:30 AM | \$ 36.00 |                 |
| Games            | Scrabble                    | Gp Room         | 10:00 AM   | 12:00 PM | P.A.Y.P  |                 |

|   |  |
|---|--|
| <p><u>PLEASE READ BEFORE REGISTERING</u></p>  | <p><b>Class &amp; Club Total</b></p> <p><b>2025 Membership</b>     <b>\$35.00</b></p> <p><b>Donation</b></p> <p><b>GRAND TOTAL</b></p>   |
| <p>1.Registration is required for all programs, clubs and games.<br/>                 2. Anyone presenting with symptoms of illness will be denied entry. You are required to stay home if you are unwell.<br/>                 3. We regret that <b>we cannot compensate for any missed classes.</b><br/>                 4. Please bring a water bottle/ no glass allowed in the Gym.</p> | <p>CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/> DEBIT/CREDIT <input type="checkbox"/></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <br/> <small>Charitable Gaming<br/>Community Good.</small> </div> <div style="text-align: center;"> <br/> <small>Delta<br/>BINGO-GAMING</small> </div> </div> <div style="text-align: center; margin-top: 10px;"> <br/> <small>Syme55+<br/>CENTRE</small> </div> <p style="font-size: 0.8em;">33 Pritchard Ave, Toronto, ON M6N 1T4 Tel:<br/>(416) 766-0388<br/>www.syme55.com</p> |

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



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Two good friends agree to meet every ten years in Florida to play golf and catch up with each other.

---

**At age 32** they meet, finish their round of golf and head for lunch.

"Where you wanna go?"

"Hooters."

"Why Hooters?"

"They have those servers with the big boobs, the tight shorts and the gorgeous legs."

"You're on."

**At age 42** they meet and play golf again

"Where you wanna go for lunch?"

"Hooters."

"Again? Why?"

"They have cold beer, big screen TVs, and side action on the games."

"OK."

**At age 52** they meet and play again. "So where you wanna go for lunch?"

"Hooters."

"Why?"

"The food is pretty good and there's plenty of parking."

"OK."

**At age 62** they meet again.

After a round of golf, one says, "Where you wanna go?"

"Hooters."

"Why?"



"Wings are half price and the food isn't too spicy."

"Good choice"

**At age 72** they meet again.

Once again, after a round of golf, one says, "Where shall we go for lunch?"

"Hooters."

"Why?"

"They have six handicapped parking spaces right by the door and they have senior discounts."

"Great choice."

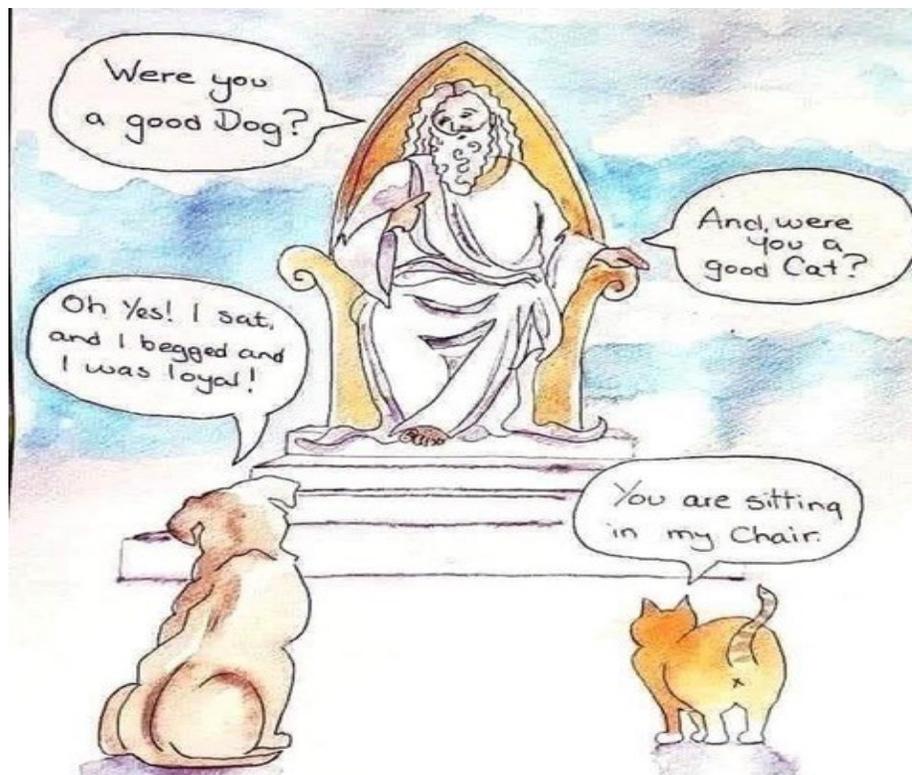
**At age 82** they meet and play again. "Where should we go for lunch?"

"Hooters."

"Why?"

"Because we've never been there before."

"Okay, let's give it a try."





# N E W S F L A S H

The Federal government plans to extend deadline for charitable donation tax deductions.

The Finance Department says the government will introduce legislation to make the changes once Parliament resumes in the new year.

The federal government plans to extend the deadline for claiming charitable donations on tax returns through to the end of February



“Those who know do not speak. Those who speak do not know.”

— Lao Tzu



## You Must Eat Here (recommended by our friends)

From: **Susan** - Astoria Shish Kebob House, 1970 Dundas St. East, Mississauga (south side of Dundas Street, east of Hwy 427), 905-615-1444, Open daily: 11:30 am to 9 pm, washrooms are on the main floor, ample parking is in front.

This Greek restaurant was established in 1972. We went with friends during the week and everyone enjoyed their dinner. They offer grilled meats, seafood as well as vegetarian dishes. They gave us all separate bills later on. The food was reasonably priced. The decor was lovely and there was a fireplace as well. The staff were very friendly. We would certainly return again.

Website: [astoriashishkebobhouse.com](http://astoriashishkebobhouse.com)

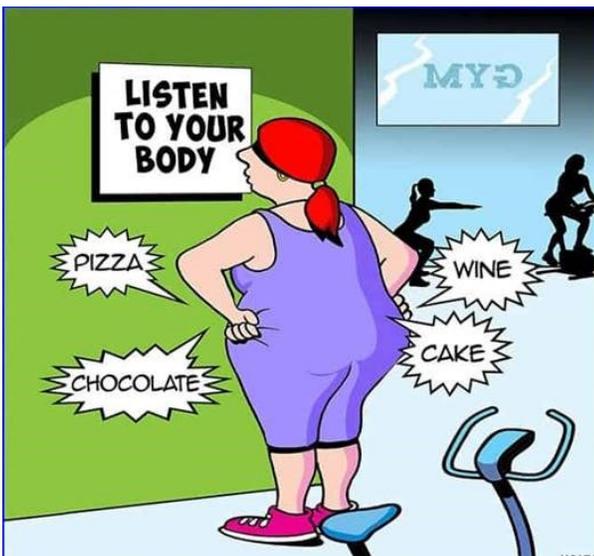
From: **Janet** - TUMI Dumpling House, 2904 Dundas St. W., Toronto (North side of Dundas, West of Keele), 416-532-8762, Open daily: noon-9:30pm, washrooms on main floor, street parking.

Not only does this family-run Vietnamese/Chinese restaurant have a large selection of dumplings and appetizers, there are also rice and noodle dishes as well as traditional main course choices. I've enjoyed their soup and their vegetables, have been many times and recommend it.

Website: [tumidumping.com](http://tumidumping.com)

From: **Arlene** - Chiang Mai Restaurant, 2998 Dundas St. W., Toronto (north side of Dundas, east of High Park Ave) 647-977-8424, Open daily: Sun-Thurs 11am-10pm, Fri/Sat 11am-11pm, washrooms on the main floor and basement, street parking.

This Thai restaurant features various Noodle, Curry and Wok dishes for mains and has such a selection of appetizers, it made choosing difficult. I ordered pineapple chicken. This entrée was served in half a hollowed out pineapple. It was delicious. Staff was friendly and attentive. Best of all however, was that I determined how much "heat" there was in the dish and it was perfection. I look forward to returning.





## 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.



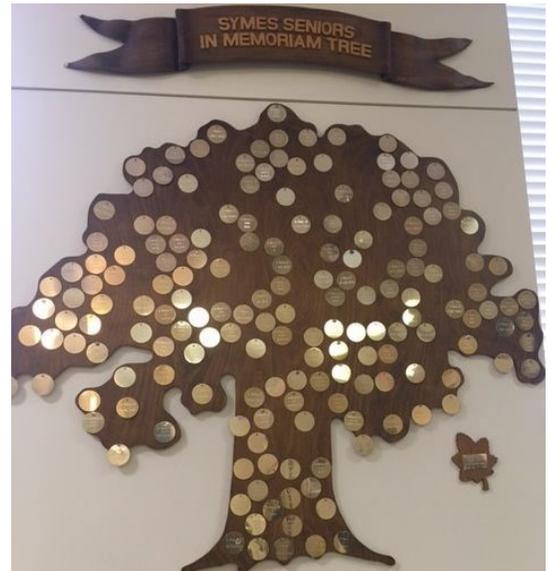


## In Memoriam Tree

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

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

A small plaque inscribed "In Memory Of" is placed on the tree to honour the memory of a loved one. There are 196 discs on the tree.



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

## Bequests

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

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



## Friday Lunch Program

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

Oct 11<sup>th</sup> - Sausage and peppers with rice and vegetables, dessert blueberry and lemon crisp. Claudia Ehamparam gave a presentation on Massage Therapy.

Oct 18<sup>th</sup> - Quinoa Chicken Bowls, cream cheese squares for dessert. Sara Garlegan certainly widened our eyes on the importance of gut health.

Oct 25<sup>th</sup> - Chicken Parmesan and pasta. A delicious pistachio cake with mint pudding on the side. Alan Bunch gave a very entertaining talk on the Haunted History of Toronto.

Nov 1<sup>st</sup> - Homemade tomato soup with grilled cheese sandwiches on the side, dessert pecan bars. A rep from Osteoporosis Canada spoke on the importance of healthy protein for good bones.

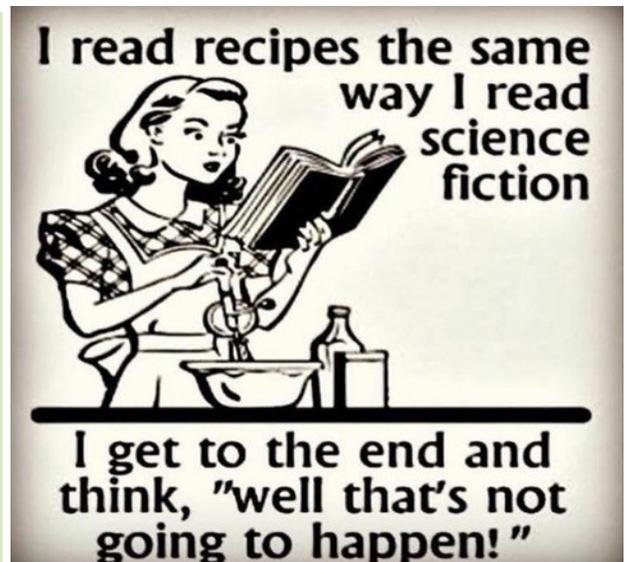
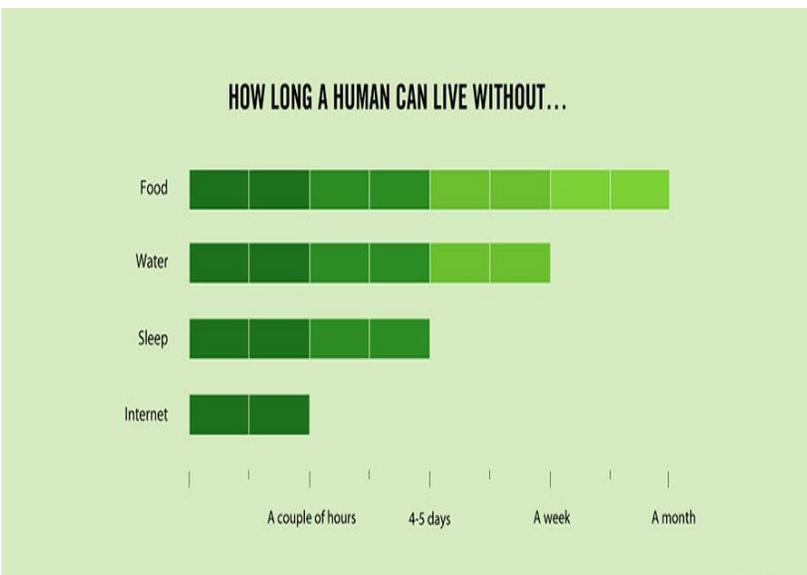
Nov 8<sup>th</sup> - Orange chicken with rice and broccoli, yummy carrot cake cupcakes with cream cheese icing. Topic today, aging in place, discussions on assisted devices to help seniors to continue living at home.

Nov 15<sup>th</sup> - Roast pork, sweet potato and kale Caesar salad. a festive cupcake for dessert. Second Harvest spoke on food safety.

Nov 22<sup>nd</sup> - Salmon Croquettes, orzo and arugula salad, cookie for dessert. Ray Strong gave a great presentation on the 'Battle of Gettysburg'.

Dec 13<sup>th</sup> - Delicious Christmas Dinner, turkey, mashed potatoes, dressing, peas and gravy on a lovely, festive table. This was followed by a 50/50 draw as well as several other great prizes. Great fellowship with wishes for all for a Very Merry Holiday and good health and happiness for 2025.

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





## The Vacant Home Tax

The Vacant Home Tax (VHT) program requires homeowners in Toronto to let the City know if their property is occupied or vacant every year by making a declaration. The goal of the program is to increase the supply of housing by encouraging owners to make their vacant residential property available for rent or for sale. Owners who choose to keep their properties vacant are subject to a tax, with the revenue being allocated to affordable housing initiatives.

### Contact Information

Vacant Home Tax Phone Line

Monday to Friday: 8:30 a.m. to 8:30 p.m.

Saturday 9 a.m. to noon

Telephone: 311

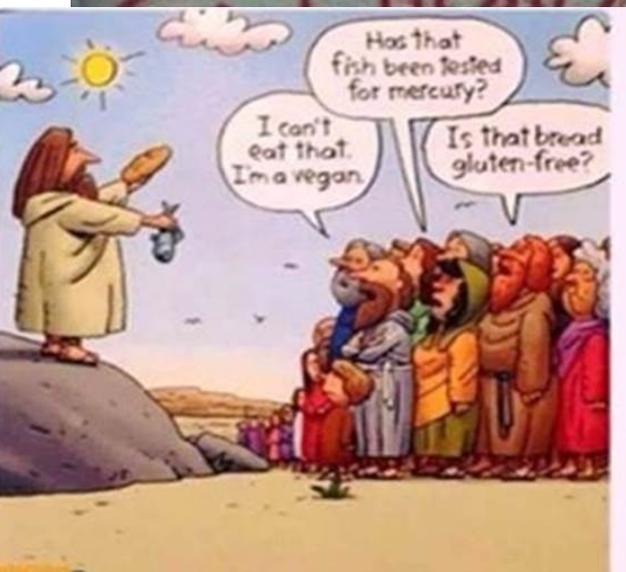
Outside City Limits: 416-392-2489

TTY: Use 711

Email: [VHTinquiry@toronto.ca](mailto:VHTinquiry@toronto.ca)



**If paying a cashier a living wage will make prices go up. Why doesn't replacing cashiers with Self Checkouts make prices go down?**



into a  
come a  
omes a

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.



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



CRITERIA

Canada, landscape, scenery or environment  
Seasonal

Colourful, with limited white, vertical

Not previously published or displayed

Not displaying company names or other forms of  
advertising

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

No more than 4 submissions/member

Must be submitted to [flexible@bell.net](mailto:flexible@bell.net)  
no later than  
March 1, 2025

Did you know...  
Babies are born without kneecaps.  
They don't appear until the child reaches 2 to 6 years of age.



# Beautiful Alaska Cruise

Join Year Round Travel on this trip of a lifetime. If you count all its islands, Alaska has almost 46,600 miles of shoreline. Cruising gives you unparalleled views of those dramatic, steep-walled fjords and sloping beaches of sand or shale, where bears forage for seafood and tidewater glaciers spill house-sized chunks of ice into the sea. See aquatic animals like humpback whales, orcas, sea lions and sea otters.



You'll also get a new perspective on Alaska's magnificent seabird colonies, which make their homes on sheer cliffs that are inaccessible by any other means. Welcome to Celebrity's Solstice, this magnificent cruise ship is a floating gem! The interior design is elegant and timeless. The vessel has lovely public areas, with lots of seating around the central atrium, often featuring live music. A variety of restaurants, bars, lounges, entertainment venues guaranteed that you will enjoy your entire cruise experience. Celebrity Cruise Lines prides itself on high-quality dining and has won several awards. Other amenities include 2 swimming pools, 4 hot tubs, spa, fitness area and much more! Carrying 2800 passengers this medium size ship is an ideal choice to cruise Alaska!

## June 29 to July 6, 2025

### Tour Includes:

- Home pickup/drop off (Metro Toronto)
- Return airfare Toronto - Vancouver
- Transfers to/from airport to cruise dock
- 7 fabulous nights cruising Alaska's inside passage aboard Celebrity Cruise Lines Solstice
- 3 meals daily and snacks
- Drink package including gratuities
- All on board entertainment and activities
- Gratuities for cabin steward and dining room staff
- \$50.00 per cabin on board credit
- All port & air taxes
- Baggage handling
- Tour escort



- Day 1: Sun Jun 29, 2025  
Vancouver, BC, depart 04:30 PM
- Day 2: Mon Jun 30, 2025  
Inside Passage (sea day)
- Day 3: Tue Jul 1, 2025  
Icy Straight Point, Alaska, 1:30 p.m. to 9:00 p.m.
- Day 4: Wed Jul 2, 2025  
Hubbard Glacier (Cruising) 9:30 a.m. to 2:30 p.m.
- Day 5: Thu Jul 3, 2025  
Juneau, Alaska, 7:30 a.m. to 07:00 p.m.
- Day 6: Fri Jul 4, 2025  
Ketchikan, Alaska, 2:00 p.m. to 8:30 p.m.
- Day 7: Sat Jul 5, 2025  
Inside Passage (sea day)
- Day 8: Sun Jul 6, 2025  
Vancouver, BC, arrive 6:00 a.m.

### Price Per Person In Canadian Funds

|                    | Twin      | Single    |
|--------------------|-----------|-----------|
| Inside Stateroom   | \$3899.00 | \$5799.00 |
| Outside Stateroom  | \$4299.00 | \$6499.00 |
| Verandah Stateroom | \$4499.00 | \$6799.00 |

Deposit requirements \$750.00 per person due upon booking.

To book or for more information contact  
Year Round Travel at 416-499-1444

Optional Cancellation & Medical Insurance. Call for Rates



### TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Road  
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



From WebMD

## Medications Seniors Should Use With Caution

Medically Reviewed by [Poonam Sachdev](#) on September 04, 2024

Written by [Rachel Reiff Ellis](#)

### Why Age Makes a Difference

It's no secret that when you get older, your body doesn't work the way it used to. And that's true for how you react to medicine. Your digestive system might not absorb medications as quickly. Liver problems might mean the drug builds up in the bloodstream or doesn't get into it as fast as it should. And kidney trouble could affect how well medicine moves out of your body as waste. Ask your doctor about the impact of your meds as you age.

### Over-the-Counter Painkillers

Non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, aspirin, and naproxen, can keep some prescription medications you take from working the way they should. They're often not a good combo with blood thinners, diabetes drugs, diuretics, or blood pressure drugs. NSAIDs are also rough on major organs when your body gets older, such as your kidneys, liver, heart, and the digestive system.

### Muscle Relaxants

Your doctor may suggest these drugs to ease muscle spasms. Muscle relaxants like cyclobenzaprine (Flexeril), methocarbamol (Robaxin), and carisoprodol (Soma) can have side effects like feeling woozy and confused. That could raise your chances of falling and hurting yourself.

### Certain Diabetes Drugs

Long-acting sulfonylurea drugs for diabetes, such as chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase), can cause low blood sugar, a condition called "hypoglycemia." You might get confused, shaky, sweaty, hungry, and tired. If the condition is severe or long-lasting, it can cause seizures and, in rare cases, could be life-threatening.

### Antihistamines

If you have hay fever, your doctor may suggest over-the-counter drugs called antihistamines. They can keep you from sneezing, but some come with more side effects than others. Some antihistamines may leave older adults extra drowsy and confused, which raises your chances of a taking a tumble.

### Certain Sleep Aids

Drugs that help you go to sleep can cause problems when you wake up. You might feel groggy and have trouble with balance when you get out of bed in the morning. Your ability to think clearly might be affected. Diphenhydramine, the main ingredient in many sleeping pills, can also lead to dry mouth, blurred vision, and bladder problems.

### Anxiety Medication

Benzodiazepines are drugs that treat anxiety. They include diazepam (Valium), alprazolam (Xanax),



## Medications Seniors Should Use With Caution

(concluded)

### Anticholinergics

Your doctor may prescribe these drugs to help treat conditions like Parkinson's disease, irritable bowel syndrome, and depression. But anticholinergics can cause confusion, dry mouth, and blurry vision, especially in older adults. In older men, they are more likely to cause problems with peeing. In addition, common medications with anticholinergic properties include antihistamines, tricyclic antidepressants, cimetidine, muscle relaxants, and some cold medications.

### Tricyclic Antidepressants

They're an older class of drugs that doctors don't prescribe often. But if you take tricyclics, such as amitriptyline and imipramine, keep in mind they have side effects that can be worse in older adults. These include problems like constipation, irregular heartbeat, blurry vision, confusion, memory trouble, and dry mouth. Men could have problems with peeing.

### Antipsychotics

These drugs treat mental disorders, such as schizophrenia and bipolar disorder, and are risky for some older adults. Taking antipsychotics raises your chances of a life-threatening heart problem or a brain bleed if you have dementia.

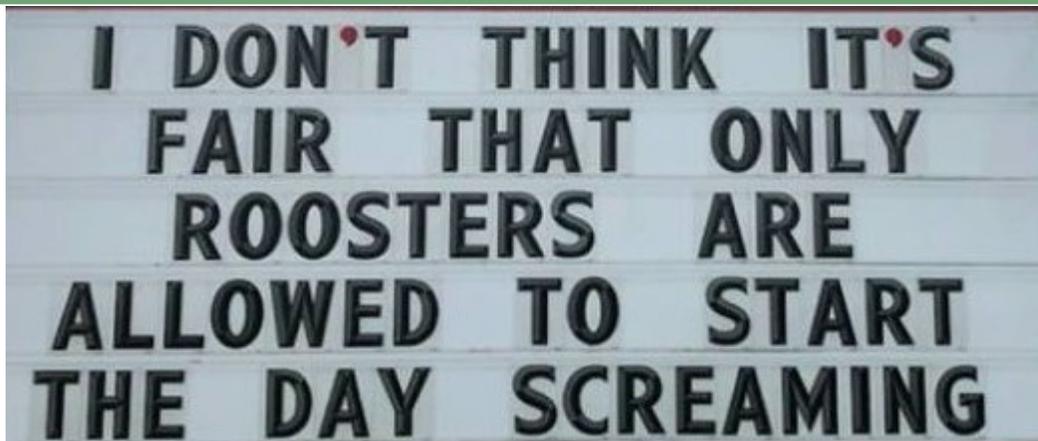
### Cimetidine (Tagamet)

It's an over-the-counter treatment for heartburn, indigestion, and ulcers. If you're an older adult and take this medicine, it can have side effects like confusion, even at regular doses.

### Combination Drugs

Look carefully at the labels of over-the-counter medicines to see if they have more than one active ingredient. Some cold and sinus medications, for example, have decongestants along with antihistamines. The combination can make you confused, drowsy, and groggy. It can also raise your blood pressure and cause problems going to the bathroom.

**If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?**





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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



### Ishtar Restaurant

When: Tues. January 21, 2025  
Time: Meet at 4:30 PM  
Where: 235 Dixon Road, Etobicoke  
(in the Mall, SE corner of Dixon and  
Islington Ave.)  
Features: washrooms on the main floor,  
lots of free parking.  
[www.ishtarrestaurant.com](http://www.ishtarrestaurant.com)



### Fox and Johns Pub

When: Tues. February 18, 2025  
Time: Meet at 4:30 PM  
Where: 2199 Bloor St. W., Toronto  
(south side of Bloor, east of  
Runnymede)  
Features: washrooms on the main floor,  
street parking and parking lots nearby.)  
[www.foxandjohnspub.com](http://www.foxandjohnspub.com)



### Swiss Chalet

When: Tues. March 18, 2025  
Time: Meet at 4:30  
Where: 590 Keele St., Toronto  
(west side of Keele, south of St,  
Clair Ave W.)  
Features: washrooms on the main floor,  
free parking behind the building.)  
[www.swisschalet.com](http://www.swisschalet.com)





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## Dine With Syme Reviews

### Scruffy Murphys Irish Pub

Dine with Syme is a great way to meet new friends while enjoying a delicious meal. This program has introduced me to many new dining experiences. On October 15 we met at Scruffy Murphys. The menu was full of great choices, typical pub fare.

I was happy to see a childhood favourite, steak and kidney pie was offered. It was so tasty and reminded me of my mother's cooking. Some of the other guests chose roast beef in a Yorkshire Pudding shell, or Shepherd's Pie. They were well pleased with their choice. There were many other dinner selections available. The dessert options included a huge slice of chocolate cake for sharing. The service was excellent with plenty of space, and quiet enough for conversation.

I have gone back again with my daughter and plan to make many more visits there.

Arlene Smetaniuk

### The Olive Restaurant

Glen & I, as a newer couple, felt very welcomed by everyone who came out to the Olive Restaurant last night. Syme's Centre seems to be that friendly sort of spot! Everyone seemed very happy with the excellent service we had. The salads were fresh, crispy with lots of varied greens & ingredients. The soups were tasty as well. The varied choices for lunch or dinner were delicious & served piping hot with lots of food. Some even ordered the favourite rice pudding for dessert. This family run spot will not be forgotten.

Glen & I, along with others, highly recommend it!

Gail Warnock

### The Halibut House

A dozen members from Syme gathered for the meal. The menu not only has the standard fish & chips, (choice of cod, haddock and halibut) but also burgers, shrimps, scallops, chicken wings, chicken fingers, poutine, deep fried pickles, clams, and homemade fish chowder to mention a few. Lots of choices to choose from. There is a kid's menu available and a special breakfast menu for the early riser. I had the cod with chips and coleslaw, brought by the ever-efficient waitress, Deena. The fish batter was not thick, just right for me, lots of fries, more than I could eat. One person had the onion rings, another had a huge plate filled to the brim with a gorgeous salad. A take-out box was available as I could not finish the main course. I did have room for the delicious cheesecake, choosing from one of the five selections.

Everyone had a terrific time, with great food and wonderful conversation.

John Nicolson.



# OUR CHRISTMAS CELEBRATION

Enjoyed a lovely Christmas celebration at Syme Centre. The ladies prepared a delicious turkey lunch complete with all the trimming, outstanding. Followed by delightful caroling session by our choir. Lucky were a few of our friends who won baskets and cash with the 50/50 draw. A special thank you to the volunteers who helped make our luncheon possible.

Fri Lee





How much did the pirate pay to get his ears pierced? A buccaneer.  
I once worked at a cheap pizza shop to get by. I kneaded the dough.  
My friends and I have named our band 'Duvet'. It's a cover band



ANNUAL  
GENERAL  
MEETING



FRIDAY  
APRIL 25, 2025

10 AM

at

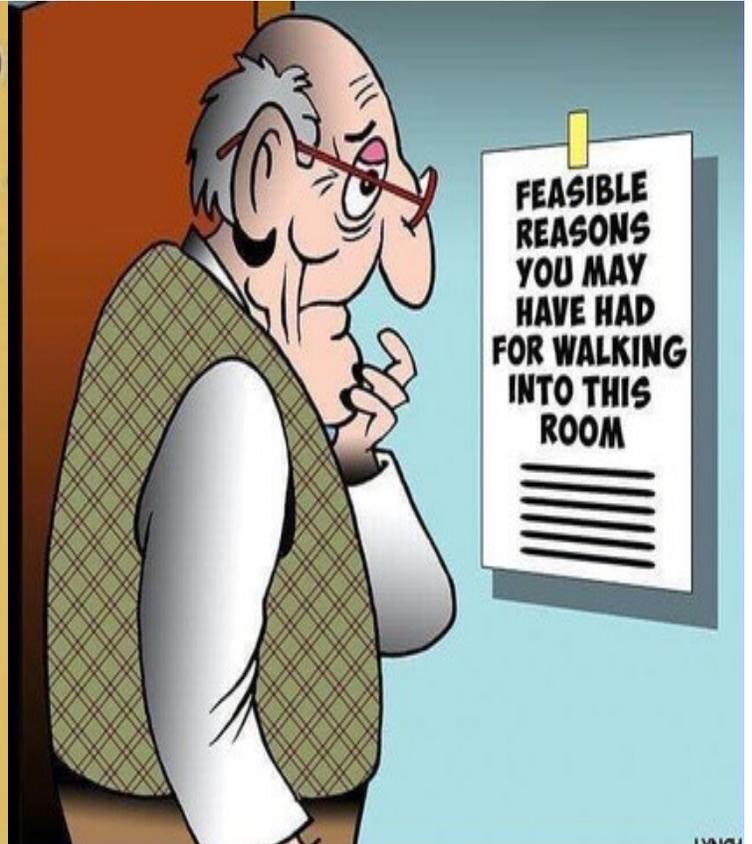
SYME 55+ CENTRE  
33 Pritchard Ave



So I was in a shoe shop this morning trying on a shoe, I said to the assistant "It's too tight".

She said "Try it with the tongue out"

I said "It'th nho ghood, it'th thtill thoo thight".



If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons de-barked, and dry cleaners depressed?

Why is it that when someone tells you that there are one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check

### Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 😞
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".

Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it and then put it down to give the vacuum one more chance?



Dilutes

(Directions elsewhere in newsletter.)

|             |       |      |       |       |       |       |        |
|-------------|-------|------|-------|-------|-------|-------|--------|
| Deist       | Deli  | Diet | Duel  | Duet  | Dulse | Dust  | duties |
| <u>Ides</u> | Idle  | Isle | Islet | Istle | Lest  | Lied  | Lieu   |
| List        | Lite  | Lues | Lust  | Lute  | Used  | Utile | tide   |
| Tied        | Tilde | Tile | Tule  | Edit  | Etui  | Side  | side   |
| Silt        | Site  | Sled | Slid  | Slide | Slit  | Slue  | Stile  |
| Stud        | Suet  | Suit | Suite |       |       |       |        |

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

**How to tell you're an adult:**

- You gain 30lbs overnight
- You'd rather sleep than go out
- Everything hurts
- Comfort comes before style
- You have a favorite spatula
- Everything feels like a chore
- College students look like 12yr olds
- You're always annoyed



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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)





*You are invited to our*

**40<sup>th</sup>**

*Anniversary*  
*Celebration*

LIVE ENTERTAINMENT BY

**THE BLAZING FIDDLES**

SATURDAY, APRIL | **5<sup>th</sup>** | 5:00 PM - 11:00 PM

**Come and celebrate our 40th Anniversary and all the great things that we have done over the years.**

\$70.00/Person or \$560.00/Table of 8

**CASH BAR ONLY**

Penny Auction, Door Prizes & Formal Sit Down Meal

**Tickets go on sale: Monday, January 20, 2025**

Location: **The Royal Candian Legion, Coronation Branch**  
11 Irwin Road - Irwan Hall - Islington Ave, North of Elmhurst Drive

