

# A Syme of the Tymes

Volume 19 Issue 1

## SPRING RENEWAL

*Syme*  
**55+**  
CENTRE



George S Syme Senior Centre of York  
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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: \$35 yearly, January-December

Operating Hours: Monday - Friday, 8:00am - 4:00pm  
Saturday - 9:30am - 3:30pm

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. Other staff 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 Spring 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 is scheduled for the end of **June**. 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 2025-2026

### Executive

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

### Directors

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



## NOTES FROM THE EDITOR'S DESK



My sister gave me a singing bird clock. Every hour a different bird sings its song lustily. Even now it scares the be jeepers out of me.

I was away for 3 weeks in Portugal. While gone no one brushed the visiting cat. She is a calico cat with lots of fur. I could have knitted a sweater with all the fur I took off of her. This went on for a couple of days but now things are better. The downstairs cat doesn't like to be brushed and she doesn't shed much.

Things are not back to normal as far as the cats are concerned. Before I left, they were seldom in the same room. Since returning, at any time one will be sleeping beside me on the couch and the other is asleep at my feet or close by. If I had only known this I would have taken an extended vacation years ago.

I received a phone call from my credit card company asking if I had made a certain purchase. I had not, so they cancelled and replaced that card. Two weeks later I had my new card. A week after that I had another call from my credit card company asking if I had made a purchase of \$2.14. I had not so that card was cancelled and replaced. Two weeks later I had my new card. I am grateful that my credit card company was that alert but it is really hard to manage without a credit card.

Some of my fellow travelers used the Wise debit card. When they went to Spain, Gibraltar and Morocco. They did not have to worry about those currencies as the Wise card automatically adjusts. I was unable to obtain the card because I was in danger of being scammed as my card had been compromised twice recently. I will try again as everyone raves about how easy it is to use when travelling to different countries,



- Donna Tettmar

Memories of Portugal



## Annual General Meeting

This important event will be held in May 1, 2026.

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

# NOMINATIONS FOR BOARD OF DIRECTORS

## Requirements

- Minimum 2 year commitment with possibility to extend
- Strong communication and teamwork skills a must
- Nonprofit experience, fundraising skills and financial experience an asset
- Access and comfort with computers/emails required

The Syme 55+ Seniors' Centre is a community based nonprofit, serving the 55+ community.

What is a governance board?  
Responsible for high level strategy and accountability.  
Steering the organizations' direction

Not responsible for the day to day operations

[For More Information](#)

[syme55@syme55.com](mailto:syme55@syme55.com)



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## Indigenous Hand Drum

Have you had an opportunity to see the Indigenous Hand Drum in the Syme Display Case? It is in the General Purpose Room.

There is an interesting story of how the little Drum came to be at the Syme 55+ Centre. A number of years ago a special workshop was held by an Indigenous leader who did Drum making and painting.

The little Hand Drum is painted with beautiful images from Nature.

This particular Drum was made especially for Syme and was entrusted to the Syme Choir leader at the time, Mr. Bill Mackay.

A choir member then, Dorothy O'Donnell, was also the Drum's caretaker.

Syme Choir, even quite recently, has used the Drum in some performances.

The Huron Carol sung at Christmas time sounds very lovely with the Drum beat accompaniment.

We at Syme, are honoured to have such a treasure and keepsake.

-Kathryn Pater





**S Y M E 5 5 + F U N D R A I S E R**

# Kanata Soup



**Starting Monday April 13<sup>th</sup>**

**Order forms available in the office.**

**Return order forms with full payment by May 1<sup>st</sup>**



**Vegan  
Gluten Free  
options**



Check out Kanata Soup website for more information  
<https://kanatasoup.ca/>



I NAMED MY DOG 6MILES  
SO I CAN TELL PEOPLE I  
WALK 6MILES EVERYDAY



If you keep a goldfish in the dark,  
it will eventually turn white.

I've been watching  
my weight.

It's still there.

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**  
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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)

RABBITS JUMP AND  
THEY LIVE FOR 8 YEARS.  
DOGS RUN AND THEY  
LIVE FOR 15 YEARS.  
TURTLES DO NOTHING  
AND LIVE FOR  
150 YEARS.  
LESSON LEARNED.

REBEL CIRCUS



# *Congratulations*

To all the Syme 55+ athletes who participated at our first Syme Winter Olympic Games





**YOU COME FROM  
DUST, YOU WILL  
RETURN TO DUST.  
THAT'S WHY I DON'T  
DUST. IT COULD BE  
SOMEONE I KNOW.**



**ME: ALEXA, REMIND ME  
TO GO TO THE GYM.**

**ALEXA: I HAVE ADDED  
GIN TO YOUR SHOPPING  
LIST.**

**ME: CLOSE ENOUGH.**

**THE FIRST 5 DAYS  
AFTER THE  
WEEKEND ARE  
THE HARDEST**



# 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.

Carolyn Brooks

Marlene Borst

Bhaskar Basu

Hilde Avila

Anita Turcotte

Jeanne Vlasics

Rita Chong

Winett Chambers

Kathleen Keohane

Mary Przygodzki

Lorraine Mazzocato

Janice Towler

Purabi Bagchi

Nina Sparks

Barb Trenholm

Helena Haile Meskel

Connie Oliver

Josie Ford

Lynn Gregory

Aba Segal

Wanda Porter

Nissie Solomon

Walter Pointner

Roberta Jennings

Dennis Jones

Theresa de Weerd

Julie Cowling

Judy Bryant

Dorothy Clarke

Marcia Chambers

Amalia Segal

Julie Cosentino

Teresa Curry

Arlindo Candio

## Annual General Meeting

This important event will be held on  
May 1, 2026.





**SYME SPRING 2026 CLASS REGISTRATION FORM**

**OFFICE COPY**

**Session Date: Monday, April 13<sup>th</sup>, 2026 - Saturday, July 4<sup>th</sup>, 2026**

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
<b>MONDAY</b>	<b>11 Weeks</b>					
Lisa D.	Mixed Media Art	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	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.	Advanced Yoga	Gym	10:40 AM	11:40 AM	\$ 33.00	
Luba I.	Osteo Keep Fit (7 Weeks)	Gym	11:50 AM	12:50 PM	\$ 21.00	
Lisa D.	Art for Wellness	Church Hall	11:45 AM	1:45 PM	\$ 33.00	
Luba I.	Co-Ed Fitness (7 Weeks)	Gym	1:00 PM	2:00 PM	\$ 21.00	
<b>TUESDAY</b>	<b>12 Weeks</b>					
Halyna I.	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.	Level 1 Line Dancng	Gym	10:15 AM	11:15 AM	\$ 36.00	
Karen F.	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.	Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 36.00	
<b>WEDNESDAY</b>	<b>11 Weeks</b>					
Club	Woodcarving	GP Room	9:30 AM	11:30 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 33.00	
Club	Jovias Life - Gentle Flow (5 Weeks)	Church Hall	10:15 AM	11:15 AM	\$ 15.00	
Club	Brain Boost (Starts May 20)	Church Hall	10:00 AM	11:00 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	10:50 AM	11:50 AM	\$ 33.00	
Julia G.	Zumba Gold (9 Weeks)	Gym	12:00 PM	1:00 PM	\$ 27.00	
Elaine F.	Tai Chi Intro	Church Hall	12:15 PM	1:15 PM	\$ 33.00	
Yushan C.	Pilates	Gym	1:30 PM	2:30 PM	\$ 33.00	
Michael A.	Chair Yoga	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
<b>THURSDAY</b>	<b>12 Weeks</b>					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 15.00	
Halyna I.	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	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	Restorative Yoga	Gym	11:30 AM	12:30 PM	\$ 36.00	
Yushan C.	Cardio & Strength	Gym	12:45 PM	1:45 PM	\$ 36.00	
Xiao Q.	Falls Prevention Fitness	Church Hall	12:45 PM	1:45 PM	\$ 36.00	
Games	Canasta	GP Room	1:00 PM	3:00 PM	P.A.Y.P	
Wanda F.	Essentrics Fitness (9 Weeks)	Gym	2:00 PM	3:00 PM	\$ 27.00	
<b>FRIDAY</b>	<b>11 Weeks</b>					
Michael A.	Beginners Yoga	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Scrabble	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Rebel K.	Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
<b>SATURDAY</b>	<b>12 Weeks</b>					
Karen F.	Strengthen & Lengthen	Gym	10:00 AM	11:00 AM	\$ 36.00	
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33 Pritchard Ave  
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**Class & Club Total**  
**2026 Membership**  
**Donation**  
**GRAND TOTAL**

Cheque  Credit/Debit  Cash



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<b>Class &amp; Club Total</b>	
<b>2026 Membership</b>	
<b>Donation</b>	
<b>GRAND TOTAL</b>	
Cheque <input type="checkbox"/> Credit/Debit <input type="checkbox"/> Cash <input type="checkbox"/>	



# Many Faces of Syme





# Many Faces of Syme



RICH PEOPLE HAVE BRAND LABELS ON THEIR CLOTHES. HAPPY PEOPLE HAVE CAT HAIR ON THEIR CLOTHES.



I have never hated a man enough to give his diamonds back.

- Zsa Zsa Gabor



## 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 REPULSE: meaning: drive back (an attack or attacker) by force.

The average mark is 36 words in 40 minutes. Can you find 36 or more words in repulse?

(The results can be found elsewhere in this newsletter)



Did you know that  
14 muscles are  
activated when  
opening a bottle  
of wine? Fitness  
is my passion 🤘



## Memories of Portugal

There were 10 Syme members who joined 22 Probus members on an HNA excursion to Portugal. All of the hotel apartments had a fully equipped kitchen and balcony. There was every kind of restaurant (Mexican, Chinese, seafood for example) within walking distance. Our travelers were invited to share their memories in the newsletter. Their responses follow:

**From Pat-**

### **Three Weeks in Portugal's Algarve Region**

Having never visited Portugal I was looking forward to living and experiencing this much talked about country. HNA's three week trip was exactly what I was hoping for. We arrived to lovely weather and were taken to our hotel/apartment where we settled in and made ourselves at home for the next little while. Our first day included a ride on the red line of the tourist train which drove us around the area in Albufeira, where we were staying, as well as a welcome dinner in a small family-owned restaurant. The food was local and delicious.

The next day we were given a list of the different excursions available to us during our stay and I chose to go on six of these. I'll talk about my impressions of Portugal as well as the Flavours and Traditions of the Algarve Tour, which included a visit to the Cork Factory.



### **Portugal**

There are many things that stood out to me and I will mention a few of them. The people are extremely friendly and I was impressed by the fact that many people that we met spoke and understood at least some English. Although we made

an effort to use some Portuguese, English was the language that could be heard where we were staying.

Roundabouts are not very common here as traffic calming features but in Portugal they are standard and can be seen in many places. Many of the roundabouts have distinctive features built in the middle such as worms, wrist watches or dolphins. We were told that this was to help drivers find their



way to a location or address. Instead of giving an address, area or the name of a hotel, you can just say I'm at the hotel by the worm roundabout or it's near the dolphin roundabout. Very practical!

Old Town was a short distance from our hotel and walking through that area reminded me of postcards that I had seen. Steep and narrow streets, white buildings with terracotta tile roofs, cobblestone streets and unique doorways. Old Town included many types of restaurants so a craving for any kind of food could probably be satisfied.

store. courts which were a short walk away.



(continued on next page)



Our hotel was in a great location and we were able to shop for almost anything we wanted. We were a walk away from a mall that had a Loblaw's type grocery store as well as across the street from a No Frills type grocery store. There were souvenir stores, a cork store and an ATM for easy access to money. For those who enjoy Pickleball, a group met once a week at the courts which were a short walk away.

A couple of things you need to eat when in Portugal are the seafood and of course the egg tarts. Both were always fresh and my husband and I found a place that made excellent egg tarts just a short walk from our hotel. Egg tarts here will never taste the same!

### **Flavours and Traditions of the Algarve and the Cork Factory Tour**



This tour included a visit to the small town of Sao Brás de Alportel that included a stop at a delicious bakery where we bought delicious pastries made in house and a tour of the cork factory. Although I knew a bit about cork, this tour truly expanded my knowledge of this resource and how important it is to Portugal. Some of the things I learned were that the first harvest after a tree is planted is not until 25 years later and subsequent harvests are every 9 years. Each tree is marked so that the harvester knows when each tree was last done.

We were given a tour of the production factory and learned about the different levels of cork and how they prepare it for shipment to make a wide variety of products including purses, hats, shoes, wallets, jewellery, backpacks and even umbrellas.

A truly interesting thing that I learned is that cork is so important to Portugal that the government knows where every cork tree is planted and if you purchase a house with a cork tree and you decide to cut it down you could be put in jail.

We then went to two lovely little villages called Salir and Alte where we walked through the narrow streets we associate with old parts of Portugal and Europe. The remnants of the castle wall in Salir and the view from Alte were amazing

Our guide Michael was full of interesting facts and was more than happy to share them with us. I can honestly say that Michael was one of the best tour guides I had in Portugal. This was a day full of memories and lots of pictures.

This trip was truly a great way to be introduced to Portugal's southern Algarve region. There was not enough time to go to places like Lisbon and Porto - but I guess that's for another trip.

(continued on next page)





From John-

Albufeira, you had me at Pickleball across the street! This 3-week getaway was Portuguese seafood dishes, and desserts a plenty. A mix of relaxation and adventurous excursions with friendly traveling groups and knowledgeable local guides.

From Theresa-

Beautiful landscapes, amazing ocean views, unforgettable rock formations, long and lush beaches. Add to the scenery a warm and inviting people who are over the top friendly and thoughtful and it is hard to find another place as lovely, inviting and warm as Portugal.

From Donna-

- Storks are protected. They nest on high structures such as canning factory chimneys (similar to Osprey nests on hydro poles near Casino Rama). These chimneys or other edifices cannot be dismantled unless officially approved.
- The Algarve Churro sheep are primarily found and bred in Faro. I noticed them because of their long ears during my off road jeep day trip.
- Antonio Salazar was Portugal's last dictator from 1932-1968.
- Portu-  
gal is renowned for its charming whitewashed houses, found in historic towns and scenic villages across regions like Algarve. Towns like Tavira and Albufeira feature white houses with black doors, lace curtains, and blue accents, reflecting the region's coastal style. Portuguese pavement a traditional-style pavement used for many pedestrian areas in Portugal and Portuguese Empire colonies. It consists of small pieces of stone arranged in a pattern or image, like a mosaic. It is used exclusively in old town Albufeira and on sidewalks elsewhere in town.
- Aromatic and flavourful strawberries, grapefruit, oranges and other citrus crops which are grown locally. Fresh apples, oranges and all berries make a delicious sangria. I bought a pair of shoes and earrings both made from cork.
- The hotel had 3 karaoke nights each week. I will never forget my karaoke nights. What a blast!





**CANADIAN DOLPHIN**

**The day when I can yell,  
"where is my phone?"  
and it yells back "down here in the couch!!"  
Then it will really be a smartphone...**

**WHEN I EAT HEALTHY  
A CANDY BAR LOOKS  
AT ME AND SNICKERS**

**Did you know ?**  
↓ ↓  
**It takes 7 seconds for food to pass from mouth to stomach. A human hair can hold 3kg. The length of a penis is three times the length of the thumb. The femur is as hard as concrete. A woman's heart beats faster than a man's. Women blink 2 times as much as men. We use 300 muscles just to keep our balance when we stand. A woman has read this entire text. A man is still looking at his thumb.**

**TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:**

- No matter how hard you try, you can't baptize cats.
- When your Mom is mad at your Dad, don't let her brush your hair.
- If your sister hits you, don't hit her back. They always catch the second person.
- You can't trust dogs to watch your food.
- The best place to be when you're sad is Grandma's lap.

**GREAT  
HIDE AND SEEK  
PLAYERS  
ARE REALLY HARD  
TO FIND**

© 2023 SignPunk

*"We must recognize that, as we grow older, we become like old cars - more and more repairs and replacements are necessary." - C.S. Lewis*



**WILL IT RAIN?  
WILL IT SNOW?**

**I LIVE IN  
CANADA**

**I DO  
NOT KNOW!**



**Some exercises that don't require physical effort . .**

- 01) Beating around the bush...
- 02) Jumping to conclusions...
- 03) Climbing up the wall...
- 04) Swallowing your pride...
- 05) Passing the buck...
- 06) Throwing your weight around...
- 07) Dragging your heels...
- 08) Pushing your luck...
- 09) 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...

**MIX A FOUR LEAF CLOVER  
WITH POISON IVY AND YOU  
GET A RASH OF GOOD LUCK**

**DOGS PREPARE YOU  
FOR BABIES  
CATS PREPARE YOU  
FOR TEENAGERS**

**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.**



---

## Dine With Syme

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

Sign up and pay \$10 deposit in the office to reserve your spot at the table. \$10 will be refunded only at the restaurant.



### Scaddabush

When: Tuesday April 21, 2026

Time: 4:30 PM

Where: 1900 The Queensway, Etobicoke  
(n side of The Queensway, opposite Sherway Gardens)

Features: washrooms on main floor, lots of free parking.

[www.sccaddabushitaliankitchenandbar](http://www.sccaddabushitaliankitchenandbar)



### Mad Mexican

When: Tuesday May 19, 2026

Time: 4:30 PM

Where: 405 Jane Street, Toronto  
( n of Annette St., east side of Jane)

Features: street parking, washrooms on the main floor.

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



### Beertown Public House

When: Tuesday June 16, 2025

Time: 4:30 PM

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

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

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



# WOODCARVING CLUB WEDNESDAYS AT 9:30AM



**NO EXPERIENCE NEEDED  
MEET NEW PEOPLE  
MAKE SOMETHING FUN**





## JOIN US

**Wednesday, July 15, 2026**



### **Lunch & Cruise of Toronto Harbour Aboard: THE ODYSSEY**

**Meet There:** 207 Queen's Quay West (South East Dock Wall)

**BOARDING:** 12:00 pm

**Cruise:** 12:30 pm – 2:30 pm

**Cost:** \$98.56 (Members); \$103.56 (Non-Members)

**\*\*\*There will be a \$5.00 surcharge when purchasing with a credit card\*\*\***

- Plated lunch menu
- DJ & access to outdoor desks, reserved section of tables, coffee, tea and water included
- Full cash bar

Space is limited, so reserve your spots now!

Must register and pay in office by: **Friday, May 8<sup>th</sup>, 2026**



I can't believe I forgot to go to the gym today. That's 7 years in a row now.

WHAT DO YOU CALL A LAZY KANGAROO  
A POUCH POTATO

I ENJOY A GLASS OF WINE EACH NIGHT FOR ITS HEALTH BENEFITS. THE OTHER GLASSES ARE FOR MY WITTY COMEBACKS AND FLAWLESS DANCE MOVES

NOTHING TOPS A PLAIN PIZZA!



"I'd let you talk more, but you're not as interesting as me."

English is a funny language, wouldn't you say?

Don't sweat the petty things and don't pet the sweaty things. One tequila, two tequila, three tequila, floor.

Why is there an expiration date on sour cream?

BREAD IS LIKE THE SUN RISES IN THE YEAST AND SETS IN THE WAIST





NEVER DRINK WITH  
GHOSTS THEY  
CAN'T HANDLE THEIR BOOS



There is an island which is disputed territory between Canada and Denmark. The militaries of both countries periodically visit to remove the other guy's flag and leave a bottle of Danish schnapps or Canadian whiskey. This is what happens when nice countries fight.

DOGS CANT OPERATE  
MRI SCANNERS  
BUT CATSCAN

  Law of Mechanical Repair -  
\_After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

When a fly flies through a fart, do you think they feel the same way we do when we drive past a BBQ place?



**RABBITS JUMP AND THEY LIVE FOR 8 YEARS.  
DOGS RUN AND THEY LIVE FOR 15 YEARS.  
TURTLES DO NOTHING AND LIVE FOR 150 YEARS.  
LESSON LEARNED.**

REBEL CIRCUS



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## Friday Lunches

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

January 9<sup>th</sup> - A delicious meal of panko crusted cod fish, orzo, and cucumber salad was served. A representative from UNISON gave a talk and explored info on 'Steps to Stress Management'. It was very informative and everyone had the opportunity to participate in a Q & A session.

January 16<sup>th</sup> - A breakfast style lunch was served along with fruit salad. The topic today was a presentation by Kim Lambert, on behalf of other Syme 55+ Board members, in regard to a comprehensive 2025-2030 Strategic Plan to advance the mission of the Syme 55+ Centre. Kim fielded questions from members. Hand outs were made available of the topic.

January 23<sup>rd</sup> - BLT sandwich with waffle fries, and 'Olympic flagged cupcakes'. After lunch members had lots of fun participating at 6 Olympic style stations. We had draw prizes at the end of the games.

January 30<sup>th</sup> - Some Members attended a Mandarin Restaurant.

February 6<sup>th</sup> - Approximately 35 members were served a delicious meal of spinach and cheese ravioli, and Caesar salad, followed by a decadent slice of Tiramisu dessert. After lunch, Syme55+ member, Ingrida introduced us to 'Sacred Circle Dancing' and spoke of the benefits of cultural dancing, and its physical and meditative benefits. A guest dance teacher, of 'sacred circle dancing', demonstrated, with the volunteers amongst us, a few circle dances.

February 13<sup>th</sup> - Members had a hearty meal of roast beef and potatoes, followed by dessert. Today's presenter was author and historian Adam Bunch. He talked about his Book of Love, going back to tales of settlers and their escapades.

February 20<sup>th</sup> - Members had a delicious meal of chicken and zucchini with rice. Followed by cake. The presenter came from UNISON, spoke on the topic of foot care in relation to diabetes.

March 6<sup>th</sup> - We had a delicious meal of salmon Alfredo followed by a lemon cupcake. There were 3 speakers from the ROM who touched upon 'Women of Influence' from the past, i.e. Greek and Roman goddesses and their respective characteristics.

March 13<sup>th</sup> - Bingo in the hall with Trevor. Pizza and snacks were enjoyed by those attending.

March 20<sup>th</sup> - Spring Registration Day. No Friday lunch this day.

March 27<sup>th</sup> - We enjoyed a delicious meal of Meatloaf, mashed potatoes and vegetables followed by dessert of pineapple sponge cake. After lunch, music was provided by Jack Garson, a regular entertainer, who sang a medley of popular songs accompanied by guitar.

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

-Susan Simpson



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.

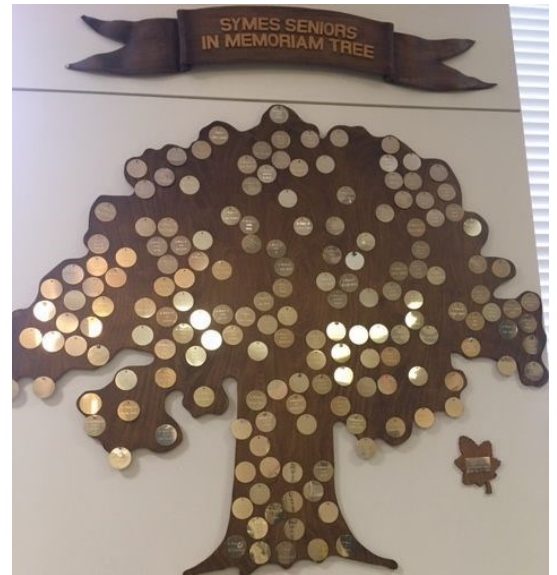


## In Memoriam Tree

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.

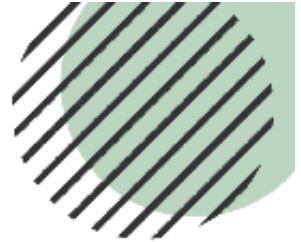
## Bequests

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.



# Connected Canadians FREE Technology Support



**Do you need help with learning how to use your smartphone, tablet, computer, printer, or other device?**

Connected Canadians has 350+ trained technology mentors ready to help you:

- Use smartphones & tablets (iPhone, Android, iPad, etc.)
- Get comfortable with laptops & desktops
- Set up smart TVs & streaming devices
- Connect printers & scanners
- Use email, video calls & online accounts
- ...and more!

Each session is one-on-one, personalized, and delivered virtually by phone or Zoom.



Scan the QR code  
with a  
smartphone  
to book a session  
or call toll free



**1-877-304-5813**

*Syme***55+**  
CENTRE



Connected Canadians



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## Tours By Locals

ToursByLocals is a Canadian company based in Vancouver that connects travelers with vetted private guides around the world. We've used them on our last trip, and had *excellent* experiences every time.

For anyone planning upcoming trips, this could be a great option to consider ... especially if we want something flexible, private, and tailored to our interests.

Every guide we've chosen has been knowledgeable, personable, and very accommodating. The tours have always felt personal and memorable.

### **You pick your guide and itinerary**

Every guide has their own style, expertise, and pacing. You're not stuck with a generic tour — you can shape the day around what you want.

### **Chat with the guide before booking**

This is the step that makes all the difference. Messaging them first gives you a feel for their personality, flexibility, and how willing they are to customize the experience. It sounds obvious, but for a full-day tour, this matters. Reviews often mention how easy (or difficult) a guide was to understand, so it's worth checking.

ToursByLocals homepage <https://www.toursbylocals.com>

How it works: [ToursByLocals Withlocals interview - YouTube](#)

- Kelly Tettmar

## **Annual General Meeting**

This important event will be held on  
May 1, 2026.



Elections for the Board of Directors will be held.  
Our audited financial statements will be presented.  
Other important matters will be brought forward.



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## A Different Way to Buy a Used Car - Clutch.ca

Due to a fender bender that was too expensive to repair for the age of the car, we needed to replace our beloved 2011 Honda CR-V. We had been talking about getting a new car but not for a few more years. Our daughter told us that her friends had used an online service called Clutch and that they were happy with their experience and purchases. We didn't pay much attention at the time because buying a car was somewhere in the future.

As it happens the future was now!

Honda cars had been reliable for us over the years but we were open to looking at other brands. We had decided to buy a used car and went to a couple of dealerships to see what was available. We sat in a Honda HR-V and a Mazda CX-5, but because it was New Years Eve we didn't take any out for a test drive. After all, we could come back after the holidays.

I had taken a look at Clutch before we went to the dealers and scrolled through the website. I was quite impressed. There are many variables that you can search on - Make and Model, Year, Fuel Type and Mileage just to name a few. I favourited a few that looked good and met our criteria (less than 50,000 km and no older than 5 years) but nothing that really stood out.

Once we got back from the dealers I went back and looked at Clutch. We really loved our CR-V so I did a search on the model and one result really caught my eye. It was a 2020, roughly 43,000 km, top of the line Touring model and not black or white. Also in our price range! As a family we agreed that this would be the car.

### How Clutch Works

Clutch buys cars from owners so all the cars belong to them. They run a 210 point inspection and if the car does not meet their standards the car is sold through wholesale channels. There are numerous pictures of each car - both exterior and interior and any scratches or dents are marked and shown in the pictures. A Carfax report is available for every car so you can see the maintenance that was performed on that car or if it has been in an accident. One thing that we were worried about was whether the car was owned by a smoker. When we asked the rep he said that Clutch does not buy cars that belong to smokers.

You can either finance the car through Clutch or pay cash. The one thing they cannot do is put a hold on a car for you. We saw our car on a Friday and wanted to pay cash but there was a risk that the car would be sold before we could get everything in order to get the cash. The initial representative was very helpful and suggested we finance the car and then when we dealt with the actual sales rep just change our mind and pay cash. This worked and we went into the weekend knowing the car was ours.

(continued on next page)



A Different Way to Buy a Used Car - Clutch.ca (continued from previous page)

There was no pressure from either of the representatives we spoke with and the first rep went out of his way to make a case for buying our old car (which we sold privately afterwards). Since all of the people you deal with are employees they are not working on commission. The price we saw was the price we paid - plus tax of course - so no haggling. We chose not to purchase a warranty however it is an option.

Although you don't physically see or drive the car before you pay and pick it up you have 10 days to drive it, have it checked out and see if you like it. If you don't you can return it for a full refund. You can pay extra and have a longer return period as well. No dealership offers that!

We picked up our car in Mississauga and so far we love our car and are very happy with our experience and purchase. If you are in the market to replace your car I suggest you check them out at Clutch.ca. It may not be for you but it doesn't hurt to see what they offer. Below is a quick chart of advantages and disadvantages of buying a used car this way.

Advantages	Disadvantages
Many cars and models to choose from	Do not see the actual car
Web based so you can shop from home	No test drive before buying
Many pictures of the car	One pick up location vs many available dealerships
No haggling because you are dealing with employees who do not receive a commission	No haggling
10 - day return policy	Used cars only
Carfax report available to view	Only in Ontario and the Maritimes
A Canadian company	

Submitted by - Pat Bilucaglia





## *Your English lesson for today*

Homographs are words of like spelling but with more than one meaning. A homograph that is also pronounced differently is a heteronym.

- 1) The bandage was \*wound\* around the \*wound\*.
- 2) The farm was used to \*produce produce\*.
- 3) The dump was so full that it had to \*refuse\* more \*refuse\*.
- 4) We must \*polish\* the \*Polish\* furniture.
- 5) He could \*lead\* if he would get the \*lead\* out.
- 6) The soldier decided to \*desert\* his dessert in the \*desert\*.
- 7) Since there is no time like the \*present\*, he thought it was time to \*present\* the \*present\*.
- 8) A \*bass\* was painted on the head of the \*bass\* drum.
- 9) When shot at, the \*dove dove\* into the bushes.
- 10) I did not \*object\* to the \*object\*.
- 11) The insurance was \*invalid\* for the \*invalid\*.
- 12) There was a \*row\* among the oarsmen about how to \*row\*.
- 13) They were too \*close\* to the door to \*close\* it.
- 14) The buck \*does\* funny things when the \*does\* are present.
- 15) A seamstress and a \*sewer\* fell down into a \*sewer\* line.
- 16) To help with planting, the farmer taught his \*sow\* to \*sow\*.
- 17) The \*wind\* was too strong to \*wind\* the sail.
- 18) Upon seeing the \*tear\* in the painting I shed a \*tear\*.
- 19) I had to \*subject\* the \*subject\* to a series of tests.
- 20) How can I \*intimate\* this to my most \*intimate\* friend?



PHOTO CONTEST  
For the cover of our  
SUMMER 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  
June 1, 2026

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.



**REPULSE**

(Directions elsewhere in newsletter.)

Reel	Repel	Reuse	Rule	Rupee	Ruse	Else	Peel
<u>Peer</u>	Perse	Peruse	Plus	Pule	Pulse	Pure	Puree
Purl	Purse	User	Leer	Lees	Leper	Lues	Lure
Seep	Seer	Sere	Sleep	Slue	Slur	Slurp	Spree
Spur	Suer	Super	sure				



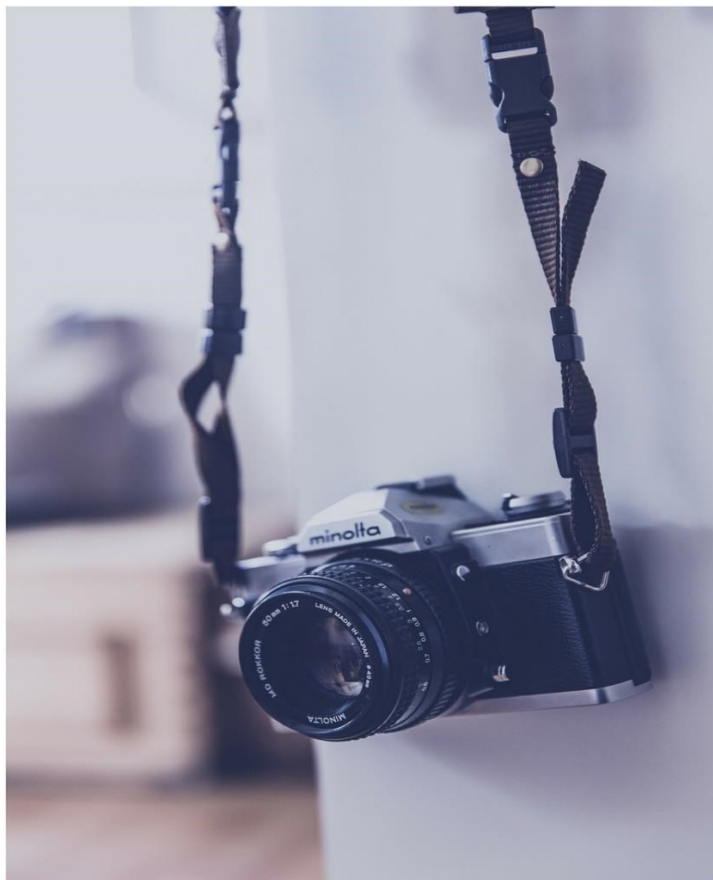
I thought growing older would take longer.



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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)





# Time To TRAVEL

GET READY FOR NEW ADVENTURE

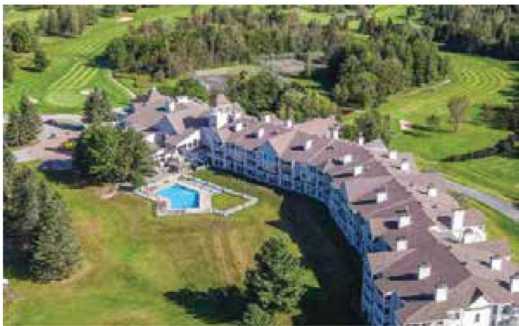


## Atlantic Canada June 18 to July 1, 2026

### Highlights

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 13 nights accommodations
- \* 13 breakfasts
- \* 2 lunches
- \* 4 dinners
- \* All sightseeing & admission as per Year Round Travel website & brochure. Too many to list.
- \* Baggage handling
- \* All hotel taxes
- \* Tour Director

Price: From \$4979.00 per person



## Eastern Townships June 22 to 25, 2026

### Highlights

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 3 nights accommodation at the Manoir Des Stables
- \* 3 full breakfasts
- \* 3 dinners
- \* 2 nights live entertainment
- \* 90 minute cocktail cruise
- \* Winery visit with tasting
- \* Visit to Abbaye de Saint-Benoit-du-Lac
- \* Visit to the village of Magog
- \* Visit to J. Armand Bombardier Museum
- \* Tour Director

Price: From \$1299.00 per person



## Kingston Show Tour July 15 to 17, 2026

### Highlights

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 2 nights accommodation
- \* 2 full breakfasts, 1 lunch, 1 dinner
- \* Show Ticket for "Come From Away" at the Capitol Theatre
- \* Show ticket for "Grease" at the Playhouse in Gananoque
- \* Kingston City Tour with local step on guide
- \* 3 hour cruise on the St. Lawrence River
- \* Winery visit including tasting
- \* Tour Director

Price: From \$989.00 per person

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

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