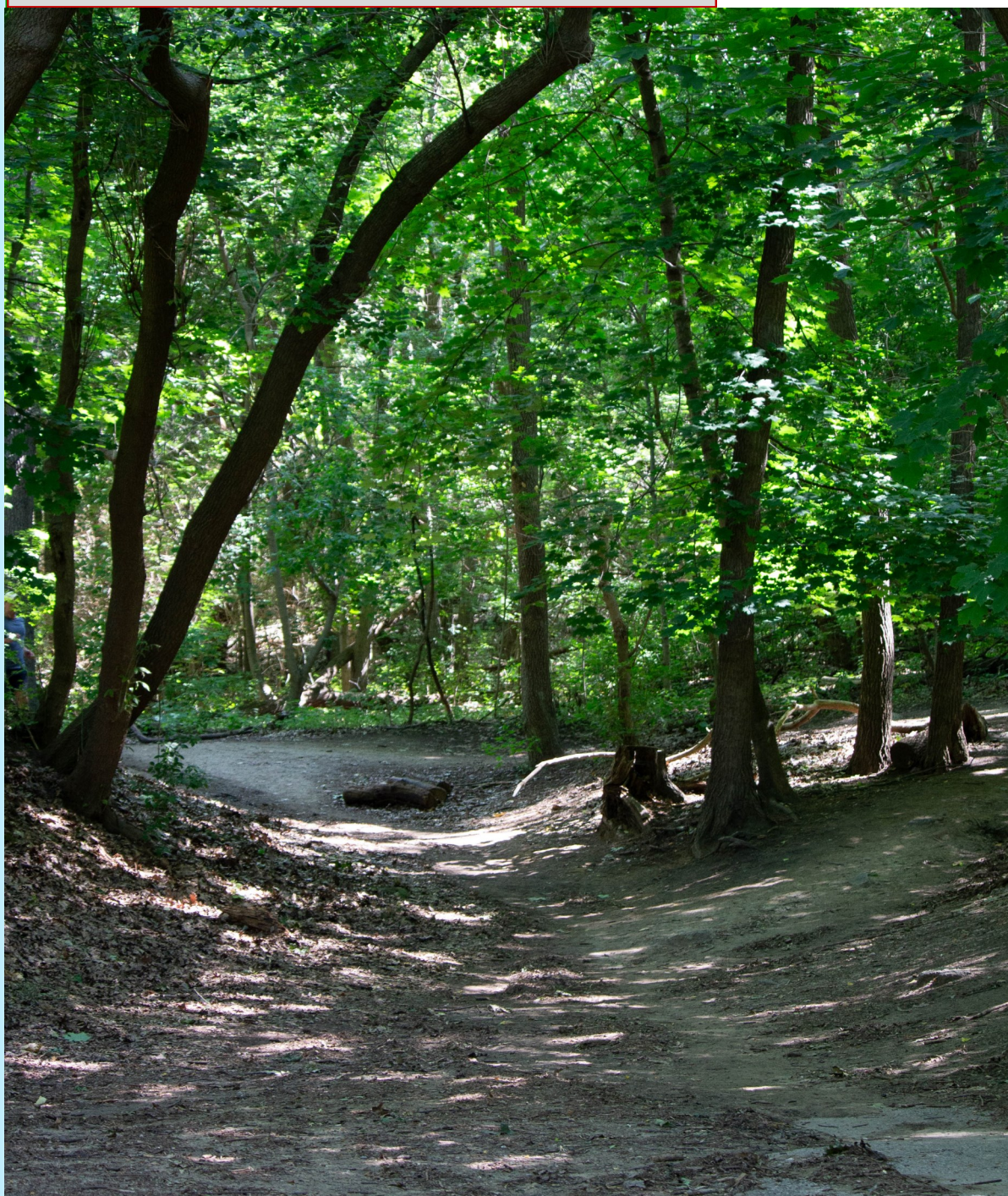


A Syme of the Tymes

Volume 19 Issue 2

SUMMER DREAMS

Syme
55+
CENTRE



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

Phone: 416-766-0388
Fax: 416 766-2882
Web: www.syme55.com

Photo:
Lindsay Reynolds



Above: facing Pritchard Ave.

Below: sign facing parking lot





Editor: Donna Tettmar
(flexible@bell.net)

Layout/Technical Advisor:
Kelly Montgomerie

Contributors: Lynda
Cummings, Vena Eaton, Kelly
Montgomerie. John Reynolds
Susan Simpson and Donna
Tettmar.

Photography: Geoffrey Tay-
lor, Judy and Nancy Uyeyama

Inside this issue

Syme 55+ Centre Info	2-5
Editors Notes	6
Board News	7
Board of Directors	8
Tech Upgrades	9
New Members	10
Dish With one Spoon	12-14
Kings Plate	17
Her Story	18
Word Fun	19
Many Faces of Syme	20-21
Alert Colours	22
24 Hours and Your Body ...	23-25
Friday Lunches	26
Class Info	28-29
Dine with Syme	30
Payouts/FIFA	31
Memorial Tree	36
How to Donate	37
Enquiring Minds	39



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 to 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 and the Program Manager. Other staff members are from the City of Toronto.

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

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



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



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

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



MYSYMECENTRE

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

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

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

STAFF

**Kelly
Montgomerie
Executive
Director**

**Cleriese Lewis
Program
Manager**



REGISTRATION FOR PROGRAMS

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

PROGRAM POLICIES

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



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

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

PLEASE VOLUNTEER!
(sign up at Reception).

Volunteer Board of Directors 2026-2027

Executive

Kim Lambert- President
John Reynolds - Vice President
Lea Jankowski- Treasurer
Pat Bilucaglia- Secretary

Directors

Lynda Cummings
Rose Nardi
Marlene Peltz
Ingrida Wloszczynski

Geoffrey Taylor (Past President)



NOTES FROM THE EDITOR'S DESK



The cats missed me when I was in Portugal! Since returning, when I am in a room so are they. It never used to happen. Even when relaxing in the evening they are both nearby. If I had known that this would happen, I would have gone away last year and the year before.

I was watching TV one night and I heard snoring! My home is shared with 2 cats. I thought I was mistaken but I was not. The visiting cat was sound asleep across the room from me, snoring loudly. She didn't snore every night but it was disconcerting. Another night I heard really loud snoring and she was sleeping on the back of the chesterfield right next to my head.

The visiting cat has gone home. Both the resident cat and I miss her; me because she just wanted to be cuddled. Sweetie Pie (our cat) now sleeps with me but only in the morning. The other day I noticed her crawling under the cover on my bed.

I received my \$47.11 cheque from the 'Canadian Packaged Bread Class Actions Settlement'. Somewhere I read that Sobeys and Metro would be sued next as this lawsuit was against Lo-blaw. It really should be an automatic settlement but who knows.

Over the May long weekend, I changed to my summer sheets as they are much lighter. I was really glad that I did as it was 30 degrees at 9 P.M. on Monday and Tuesday. Then summer ended. By Thursday I had turned the heat back on. Egad!! Meteorologists say this summer will feel "on and off" rather than consistently hot, with alternating warm and cooler periods.

In my opinion there are 2 distinct car horn sounds. One is a brief burst, a gentle tap that says "you can come into my lane". The other is a prolonged enraged honk that says "you cannot come into the lane that I want to be in". Recently I experienced both. I was so miffed at the second one that I decided a response was warranted, I decided to give the finger. My window was rolled down so all I had to do was elevate the correct finger. That turned out to be exceedingly challenging. I was telling a friend who was cautioning me about being stupid. I was able to reassure her that I had crossed the traffic before my feeble attempt even became a fully formed thought. Eventually all I could manage was to raise my index finger. As I laughed at myself, I realized how ridiculous the whole effort was, mind you I continue to laugh about it so I guess there was some good to come out of the episode. I also decided not to worry about dealing with these idiots.

- Donna Tettmar

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



News
from The
Board



The Syme 55+ Centre Board of Directors have been very busy working on your behalf. Our AGM was held on May 1, 2026. Many members were in attendance.

Councilor Frances Nunziata, York South Weston thanked the Centre for inviting her. She also congratulated the Syme 55+ Seniors' Centre staff and volunteers for their good work and support to the members and community. She commented that the city needs more Centers like Syme Centre.

President Geoffrey Taylor gave an overview of the Centre's status.

Membership is steadily increasing. The total membership is now 353.

There are many new and returning activities at the Centre.

The Board continues to work on the Strategic Plan which is required by the City of Toronto to continue our funding.

Geoff also thanked Kelly Montgomerie and Cleriese Lewis for their excellent work keeping the Centre running smoothly. Without them, there would be no Syme 55+ Centre.

Our Total Income for 2025 was \$405,987. and our total Expenses were \$373,534. We had a surplus of \$32,453. This is required as we are in an older building.

The following nominees to sit on the Syme55+ Centre Board of Directors won by acclamation: Kim Lambert, Rose Mancuso Nardi, Ingrida Wloczynski, Jim Lane, Lea Jankowski and Pat Bilcaglia.

At the first Board of Directors meeting the following positions were acclaimed.

President - Kim Lambert who sits for 2 years (2026-2027).

Treasurer - Lea Jankowski who sits for 2 years (2026-2027).

Secretary - Pat Bilcaglia accepted this position completing the remaining year of the two-year term that was held by Kim Lambert (2025-2026).

The General-Purpose room has been spruced up to be more inviting. You can rest between classes, have lunch or read a book. There is a puzzle anyone can work on when they have time.

-Lynda Cummings



SYME 55+ CENTRE BOARD OF DIRECTORS 2026-2027



President-
Kim Lambert



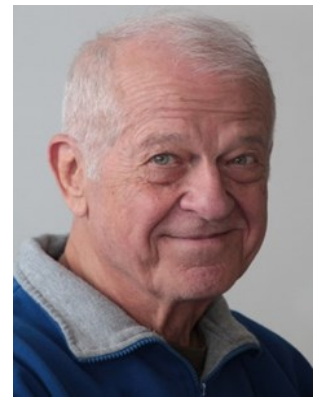
Vice President-
John Reynolds



Treasurer-
Lea Jankowski



Secretary-
Pat Bilucaglia



Past President-
Geoffrey Taylor



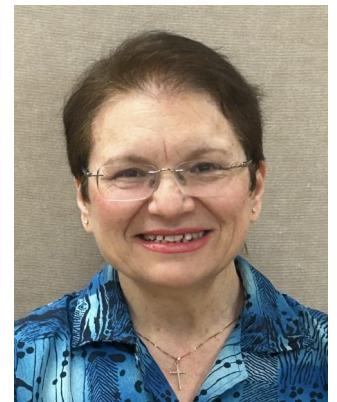
Director-
Ingrida Wloszczynski



Director-
Marlene Peltz



Director-
Lynda Cummings



Director-
Rose Nardi



Tech Upgrades @ Syme 55+

New is good but different.

**When you call you will hear an automated message.
Don't hang up. Listen to the message or press 0 at any
time to be connected with reception.**

**If we are busy and cannot answer your call, please
leave a message and we will call you back.**

New Wifi Networks

We offer free wifi for our members while at the Centre.

**Look for Syme55 Guest under settings- Wifi
Password Symeguest2026**





Please say "Hello" to our NEW MEMBERS.

We are so glad you have decided to join us at Syme55+ Centre.
We look forward to seeing you at a class or a lunch or on a one-day outing or a multi-day excursion. Join a committee if that is something in which you are interested

Adrienne Arbour
Jorgina Gaspar
Pat Burkell
Marian Leslie
Roxolana Martin
Jeanette Cairns
Rosa Lee
Hanna Chalubinski
Tori McCreary
Mark Pennelli
Anna Falsetta`````
Pelagia Sudik
Art Young
Paolo Fragomeni

Kelly Tamura
Clara Madonia
Beverley Lennox
Pamela Hanft
Roman Martin
Mall Puhm
Rene Klassen
Petra Reimer
Anne Marie Prychoda
El Virelli
Maria Borgs
Dan Chiu

Kristen Mania
Heather Aucoin
Nada Morrow
John Bilan
Frances Humphreys
Beatriz Munarriz
Tadevsz Smol
Mark Czmielewski
Elsha Vander Linden
Karen Oxley
Marien Foley
Choi Chiu

CAT RULES:

1. The cat is not allowed on the furniture.
2. Alright, the cat can go on the furniture, but NOT the kitchen counter.
3. OK, the cat can go on the kitchen counter too, just not when I'm preparing the food.
4. Fine. The cat can go wherever it wants, whenever it wants, as long as it doesn't swat me in the face at 5:30 in the morning demanding to be fed.
5. The cat will be fed at 5:30 in the morning.

You'd think that the part of the brain that used to remember phone numbers would take over remembering passwords!
But Noooo!!!

SWEET DREAMS ARE
MADE OF CHEESE
WHO AM I TO
DIS A BRIE



Syme55+
CENTRE

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 8th, 2026**



The Dish With One Spoon

In the beginning, the **Dish With One Spoon**, also known as **One Dish One Spoon**, is a very old concept used by Indigenous peoples of the Great Lakes region and northeastern North America since at least 1142 CE(AD) to describe an agreement for sharing hunting territory among individual Indigenous peoples. The meaning being that all people are eating out of the single **Dish**, that is, hunting in the shared territory. **One Spoon** means that all people sharing the territory are expected to limit the game they take to leave enough for others ensuring continued abundance and viability of the hunting grounds into the future.

Indigenous peoples or Nations made many agreements with neighbouring nations to share hunting grounds for centuries, however the earliest documented reference occurs in the Haudenosaunee Great Law of Peace, which is called the founding constitution of the Haudenosaunee Confederacy. Their oral tradition states this founding was in time immemorial but research has tied the dates to solar eclipses and concluded the Confederacy was formed on or about August 31, 1142. Archaeological evidence and the earliest cultivation of corn supports a date between 900-1200 CE. In the Great Law of Peace there is specific reference to have "no knife near the dish" so that sharing causes no bloodshed. The Dish With One Spoon reference in the Great Law of Peace mandates conserving the game in the hunting grounds as well as requiring its sharing and to share equally the harvests of the fields.

Dish With One Spoon can also be used to denote a treaty or agreement itself. In particular one of the most important peace treaties was ratified at Montreal in 1701, and called **The Great Peace of Montreal**, it is also referred to as the **Dish With One Spoon Treaty**. It was made between the French, the Haudenosaunee (Iroquois Confederacy, Seneca, Cayuga, Onieda Onondaga and Mohawk nations), the Anishinaabe (Ojibwe, Odawa, Potawatomi, Mississauga, Saulteaux and Algonquin nations) and many other Indigenous nations. **The Great Peace of Montreal** ended decades of warfare that raged throughout the seventeenth century. The treaty territory included part of the province of Ontario between the Great Lakes and extends east along the north shore of the St Lawrence River to the border of Quebec. It may include parts of New York and Michigan states.

Before **The Great Peace of Montreal** of 1701 there was much unrest between Indigenous Nations over the fur trade and the demand for beaver furs and specifically the ones from the northern climates due to their thicker fur. These issues were resolved with a negotiated peace in 1624 at Trios-Rivieres and Quebec to share the area for hunting with the Montagnais, Algonquin and Haudenosaunee nations. The French and Dutch colonial authorities did not like the peace agreed to and they fostered a distrust among the Indigenous nations and peace only lasted a few years. During the 1640 unrest between the Mississaugas, Anishinaabe and Haudenosaunee continued.

(continued on next page)



The Dish With One Spoon

(continued)

By September 1645 another peace with Wendat, Kichesipirini, Montagnais, and Mohawk was set at Trios-Rivieres and was renewed in 1646 but lasted only briefly when Five Nations (Seneca, Cayuga, Oneida Onondaga and Mohawk) raided into Wendat territory. Five nations continued its raids into the 1680's and 1690's when the French took Military action.

During this time making treaties with the arriving European powers and settler governments, the Indigenous peoples continued to observe the concept of the **Dish With One Spoon** but the European powers and settlers had a much different view when making treaties. They believed in the concept of private property under Property Law. They could not and would not try to understand the logic behind the **Dish With One Spoon**. This created much confusion with the Indigenous peoples when discussing and making treaties. Their beliefs were that the land was to be shared by all peoples and not simply the possession of one group or people forever.

When discussing treaties made between Indigenous peoples and the British and Canadian governments during the 19th Century, First nations educator Wabi Benais Mistatim Equay (Cynthia Bird) noted: "First Nations Peoples never envisioned that the long term outcome of Treaty relations would be their occupying less than three percent (3.5 million hectares) of their homeland, on 617 small communities the federal government calls 'reserves'".

In Contemporary Canada today many scholars and Indigenous peoples have come to believe that the dish with one spoon concept can raise awareness regarding ecological and environmental sustainability. One of the values within the dish with one spoon is that those who use the land should not abuse the land meaning that individuals and groups should only take what they need from the land so that there will be a healthy long term sustainable environment. Anishinaabe and Metis historian Karine Duhamel wrote that "all participants in the agreement or treaty had the responsibility to ensure that the dish would never be empty by taking care of the land and all of the living beings on it".

Canadian institutions have in recent years begun to formally acknowledge they are situated on Indigenous territory by using land acknowledgement statements. Before the 2010's Canadians knew very little about the Dish With One Spoon and now perhaps with this knowledge it will help foster a greater spirit of reconciliation in the future.

References: A Dish with One Spoon, Article by Fred Glover, March 2020

Dish With One Spoon, Wikipedia



The Dish With One Spoon

(continued)

Treaty Poem

By: Melissa MacLennon & students

A treaty is a promise,
A promise to share,
It's important to keep promises,
To show that you care,

A promise of friendship,
And sharing the land,
To share food and water,
And always lend a hand,

First peoples shared this land
Long ago, so we are all
Treaty people and this I know.

"Treaty promises were made to last as long as the sun shines,
the grass grows, and rivers flow"
by Alexander Morris

-John Reynolds



It's so hot the best parking
place is determined by the
shade instead of the dis-
tance.



"There is a cult of ignorance in the United States, and there has always been. The strain of anti-intellectualism has been a constant thread winding its way through our political and cultural life, nurtured by the false notion that democracy means that my ignorance is just as good as your knowledge."

- Isaac Asimov
A Cult of Ignorance, 1980

**WHAT'S WORSE
THAN RAINING
CATS & DOGS?
HAILING TAXIS!**

**"The deepest sin against
the human mind is to
believe things without
evidence."**

— Aldous Huxley



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

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

100 Queen St W, Suite C49,
Toronto, ON. | (416) 392-4091
councillor_nunziata@toronto.ca

 @Frances.Nunziata.Ward5

 @FrancesNunziata

Sign up for Ward 5 eNews:
www.councillornunziata.com



JOIN US

Wednesday, September 16th, 2026



Lunch and Cruise of 30,000 Islands Aboard: THE GEORGIAN SPIRIT

MEET THE BUS: at Jane Park Plaza (877 Jane St)

DEPARTING AT: 8:30 AM

RETURN APPROX: 6PM

MENU: Braised chicken supreme in garlic & herb white sauce.
Roasted potatoes, sauteed seasonal vegetables, dinner roll with
whipped butter & seasonal pie. Coffee and tea included.

COST: \$151.00 (members); \$156.00 (non-members)

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

Space is limited, so reserve your spot now.
Must register and pay in office by: July 3rd, 2026



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



CRITERIA

Ontario, landscape, scenery or environment

Seasonal

Colourful, with limited white, vertical

Not previously published or displayed

Not displaying company names or other forms of
advertising

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

No more than 4 submissions/member.

Must be submitted to flexible@bell.net

no later than

September 1, 2026

Did You Know....

- The King's Plate has been run annually since 1860, making it the oldest continuously run Stakes race in North America.
- The current Plate record is held by the filly Moira, who clocked in at 2:01.48 in 2022.
- Northern Dancer, one of the most influential sires in history, won the Kentucky Derby, the Preakness Stakes and The Queen's Plate all in 1964.



Her Story - A Grandmother for the first time shares

"Mom, I'm pregnant!" Those three words unleashed a rush of emotions I wasn't prepared for—joy, yes, but also anxiety. Worry was my default setting until the baby was born, but now I realize that it was a brief glitch on the roller coaster of grandmotherly love.

Twenty months later, I am overjoyed and brimming with gratitude for one of the greatest pleasures of my life and his name is Rocky. This curly-head wonder has transformed my husband into a pile of mush; my stepson became a shining example of what a great uncle looks like, embracing his role of babysitter, playmate and protector.

But how did becoming a grandma change the colour of my world. Firstly, I quit smoking, after decades of puffing like a steam engine. I started strength training classes at Syme 55+, so I could easily carry my squirmy little sweet pea. I also learned that holding and being with my grandson boosted my feel-good hormones in my body, namely oxytocin and dopamine.

The intangibles include realizing how parental love and grandparent love differ, even though both are unconditional. Parental love comes complete with a list of responsibilities and worries that don't enter a grandparent's orbit since we already raised our own children, thank you, very much. Now we get to bask in the glow of our grandkids, who ask nothing more of us except our presence and maybe a present or two.

Studies show that actively involved grandparents tend to live more than five years longer than those who are not as involved. It improves our physical health and protects both child and adult against depression, fostering resilience and well-being. Good grandparents share familial history, the good stuff and some of the bad, they pass on memories and traditions, which help to build a stronger family identity. Our grandchildren absorb these musings and realize that they too can survive the ups and downs of life because they see a grandma who is happier and stronger because of her experiences. It goes beyond sharing stories and recipes, though, it's about showing up, whether in person or on a (phone) zoom call. It's about respecting the parents' way of doing things and listening to your grandchild, without judgement or advice (unless they ask), just acceptance. By being involved we provide emotional support and security, we encourage kindness and respect. According to www.lovetoknow.com, "research indicates that children who interact regularly with their grandparents tend to perform better academically."

For me personally, being a grandparent means a spike in my joy meter every time I lock eyes with my grandson. So, whether you are called Grandma, Bubby, Oma, Gigi, Baba or Nonna, embrace the moment and know you are both benefitting, whether you're crawling on the floor, going for a walk or reading a book.

P.S. To all the grandfathers, the same holds true for you, too.

Vena Eaton





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 CELERITY: meaning: rapidity of motion or action; speed.

The average mark is 27 words in 40 minutes. Can you find 36 or more words in celerity?

(The results can be found elsewhere in this newsletter)

THE CAT OWNS
THE HOUSE
THAT'S WHY THE WORD
HOMEOWNER
HAS "MEOW" IN IT

WITHOUT FREEDOM
OF SPEECH
WE WOULD NOT
KNOW WHO THE
IDIOTS ARE

**I said I was good at
making decisions. I didn't
say the decisions I made
were good.**



Many Faces of Syme





Many Faces of Syme



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



On November 26, 2025 **Environment and Climate Change Canada** started to use a three-colour system to convey the risk posed by weather hazards across the country.

Alert colours

There are 3 types of alert colours and symbols:

Yellow



- **Hazardous weather may cause damage, disruption, or health impacts**
 - Impacts are moderate, localized and/or short-term
- Yellow alerts are the most common

Orange



- **Severe weather is likely to cause significant damage, disruption, or health impacts**
 - Impacts are major, widespread and/or may last a few days
- Orange alerts are uncommon

Red



- **Very dangerous and possibly life-threatening weather will cause extreme damage and disruption**
- Impacts are extensive, widespread, and prolonged
- Red alerts are rare



Do You Know What Your Body Gets Up to Over 24 Hours?

Natalie S.

Pain or illness can sometimes make us feel that our bodies are starting to "creak" and even "betray" us, but in many cases, these feelings are totally unjustified. This is because there are many processes that our body constantly carries out, some of them with precision that make them a real art form and others like small factories, however, they all take place without our noticing. Some of these processes affect us over time, but all of them are repeated over the course of the day. The following sections will help you understand what your body has actually been up to these past 24 hours, and even if you thought you knew your body, you'll undoubtedly start appreciating it once more.

The respiratory system Although the complex breathing process is essential to our functioning, we perform it throughout the day in parallel to many other actions without even stopping to think about it. Every day, we take an average of 20,000 breaths, about 16 breaths per minute during the day. At night, however, when our breathing becomes heavier, the frequency slightly decreases. Adult lungs, made up of 300 million tiny bags, can hold about 6 liters of air.

Salivary glands The glands in our oral cavity are excellent workers producing an amazing amount of 1.5 liters of saliva daily. If they didn't function properly, our mouth would dry up and fill with bacteria, which would make us lose the ability to digest food.

Immune system Many processes designed to prevent the development of cancer cells in the body constantly take place in our bodies. Cancer processes develop when cells organize themselves in a way that reprograms their DNA when it is estimated that tens of thousands of cells suffer from cancerous lesions with malignant potential every day. However, the body constantly sends out special enzymes whose function is to detect failures and repair them before they become tumors, succeeding for the most part.

Eyes We blink about 28,000 times a day, each blink lasting less than a tenth of a second. This is a reflex that the body performs to keep the eyes clean and moist, which is necessary considering that 90% of the information we absorb every day is visual information which we, by the way, process within 0.01 seconds.

Body temperature Most of our bodies' energy is released through heat. The heat produced daily by the body is equivalent to the heat produced by 25 electric bulbs turned on for the same amount of time.

(continued on next page)



Do You Know What Your Body Gets Up to Over 24 Hours?

(continued)

Ability to speak The cooperation between our brain and our mouth allows us to speak about 5,000 words a day. In some studies, a difference between men and women was found, with some women reaching the specified amount, while men settled for only two thousand words. How many of these words are important? This is actually the same for both sexes: only between 500 and 700 of our words hold real value, such as useful information or an accurate answer to questions we're asked.

The digestive process If you thought your body only begins the digestion process when you take that first bite, you're wrong. In fact, the body begins the digestion process way before that. The moment we smell food, the glands in our mouth begin to produce excess amounts of saliva to wake and prepare our digestive system for action. The whole digestive process takes between 6 and 8 hours, without counting the extra two days required to remove excess body fluids.

Growth process It turns out that even as adults we grow an average of 8 millimeters every night during sleep, but "shrink" back to our regular height the next day. If we didn't shrink back, we'd probably have to spend quite a bit of money on new clothes and raise our door frame every two years!

Liver Our liver is busy for most of the day that it's almost impossible to summarize all the actions it carries out. It produces cholesterol, vitamin D and plasma cells in the blood, identifies the nutrients our body needs and stores some of them for future use. In addition, it filters 1.43 liters of blood every minute and produces 0.94 liters of bile every day to help us break down our food. In fact, this is a whole factory that we run completely unaware.

Kidneys In each of our kidneys, there are about a million small filters that work together to filter out about 1.3 liters of blood every minute, or about 1,872 liters of blood every day. This is despite the fact that each kidney is about the size of a single fist.

The brain Even when we think we are resting or spacing out, our brain does not stop working. We think on average between 50 and 60 thousand different thoughts, or between 35 and 50 thoughts a minute.

The heart Our heart pumps an average of about 7,570 liters of blood along the 95,500 miles that make up our blood vessels every day. In order to reach this incredible supply, the heart beats more than 100,000 times a day!

(continued on next page)



Do You Know What Your Body Gets Up to Over 24 Hours?

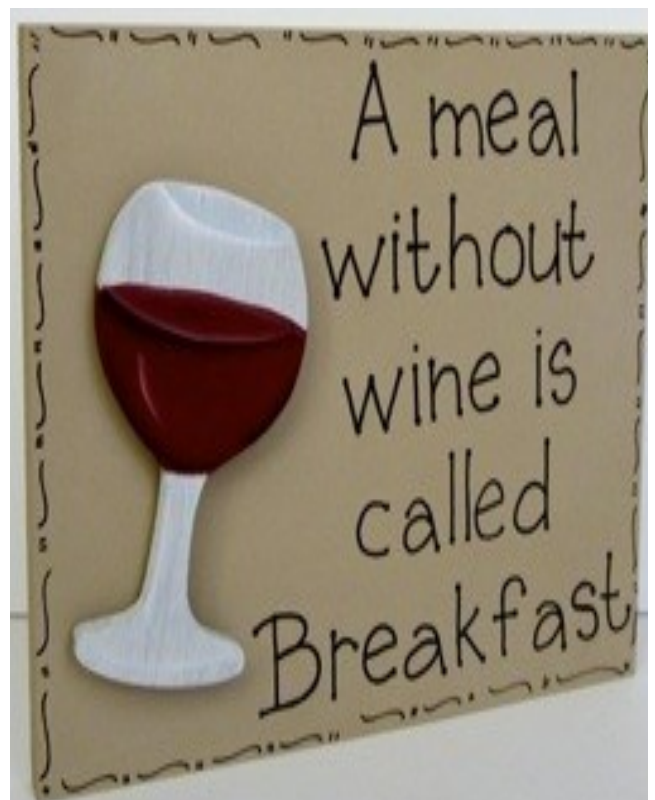
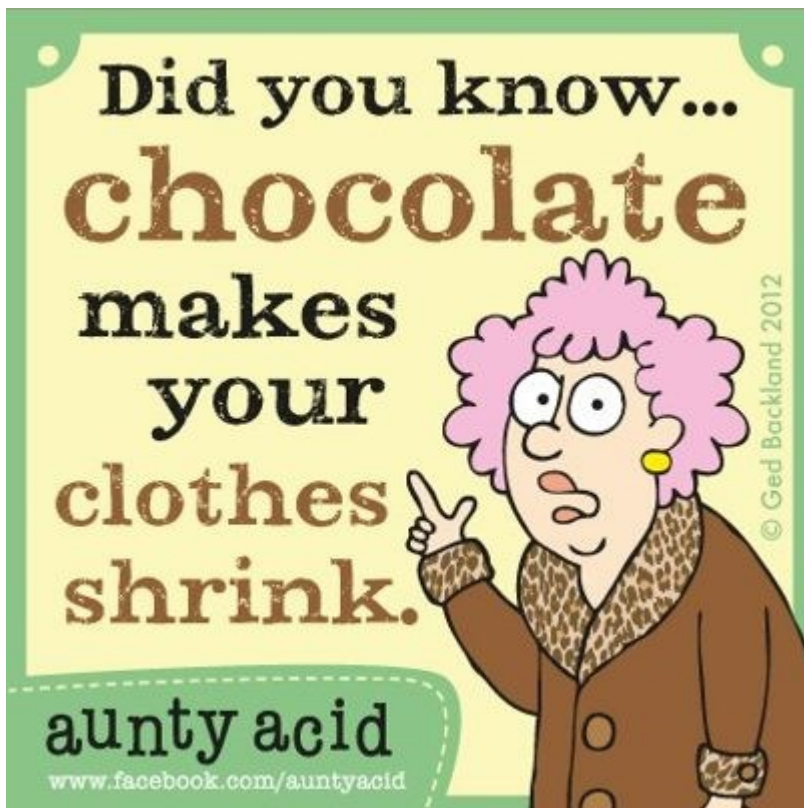
(continued)

Skin The skin is our largest organ, and even if we aren't conscious about protecting it during the summer, it keeps working to protect us. In addition to regulating the temperature of our bodies, preventing dehydration of the body tissues and protection of the tissue under it, our skin cells are constantly regenerating. The process of regeneration leads to the shedding of an astonishing one million skin cells every day, a rapid process which prevents us from being exposed to infections.

Regeneration of body cells Our cells work every day to renew themselves, without us having to do anything. This means that we get a new set of taste glands every 10 days, completely new nails every 6-10 months, new bones every 10 years and even new heart cells every 20 years!

So, the next time you think your body is squeaking or on you, think again. Many of the most amazing processes that occur in the body every day and contribute to its functioning more than anything are performed effectively without our having to actively take part! Our body is a certainly a wondrous machine.

<https://www.ba-bamail.com/health/general-health-tips/do-you-know-what-your-body-gets-up-to-over-24-hours/>





Friday Lunch Program

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

April 1st to 10th, no programs, therefore no Friday lunches April 3rd and 10th.

April 17th Volunteer Appreciation Lunch.

The hall was decorated with a Cuban flare, with colorful table place settings and centre pieces. Our tasty lunch comprised of rosemary glazed pork tenderloin, Spanish rice, black beans, followed by Churro cheesecake, and mocktail mojitos.

The entertainment was provided by Dailyn Martinez (Cuban instructor and performer) and her dance partner from 'SHUM de SALSA'. (Bloor and Bathurst). They demonstrated different styles of Salsa; members had an opportunity to try some steps and dance to the music. The demonstrations and background information on the different dance styles, was very entertaining for the large number of members at the lunch.

April 24th, We had a delicious meal of Greek chicken, roasted potatoes, and Greek salad, followed by mini baklava for dessert.

The guest speaker, Dale Cotnam RO Optician, spoke about Computer Vision Syndrome, Eye health and Eyewear improvements. He provided a hand out with tips on eye health and answered a number of questions from members.

May 1st, The Annual General Meeting, was held with the acclamation of 6 members to the Board. A presentation was made by Harley Karulis on the Great Fires of 1849, 1904, & 1977. Following which members in attendance had a take away boxed lunch from Panera Bread.

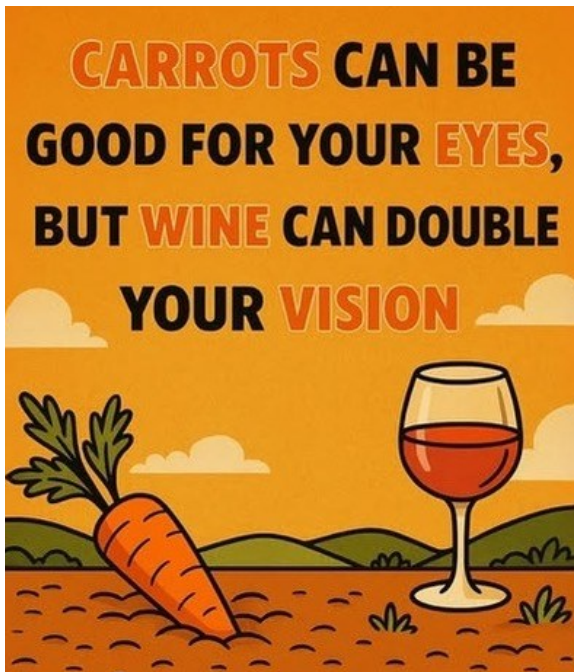
May 8th – Mother's Day Luncheon. The tables were nicely set with assorted sandwiches, mini quiches and fruits, together with large teapots of orange pekoe tea, and passion fruit tea with our desserts. Entertainment was well received and in the form of Steven Taetz and his ensemble. They performed a number of tunes which were well suited to dancing.

May 15th – No Friday Lunch

May 22nd, We had a delicious lunch of cashew chicken with jasmine rice, followed by a peach crumble slice. Our presenter today was Dr. Robert Galway, who spoke of the pioneering work of Plastic Surgery during WW2 of Ross Tilley (Can) and Sir Harold Gillies (NZ). It was most interesting

May 29th Members attending enjoyed a meal of Beef Kofta, salad and flatbread, followed by lemon cake. Our presenter today was Luisa, President of Roselands Horticultural Society. Luisa spoke of the society celebrating their 100th year, and gave a very informative talk on balcony container gardening. There were a number of questions for which Luisa was able to provide answers and tips.

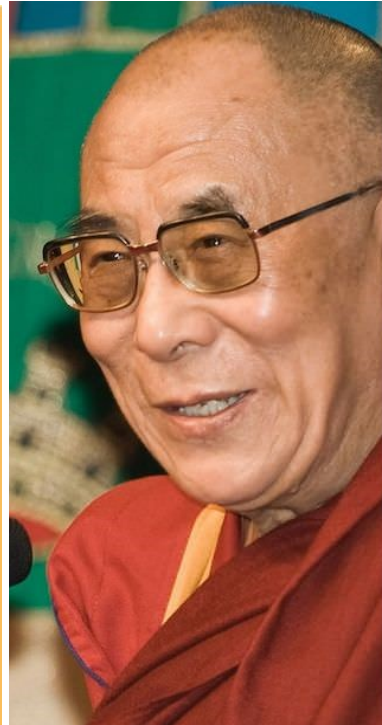
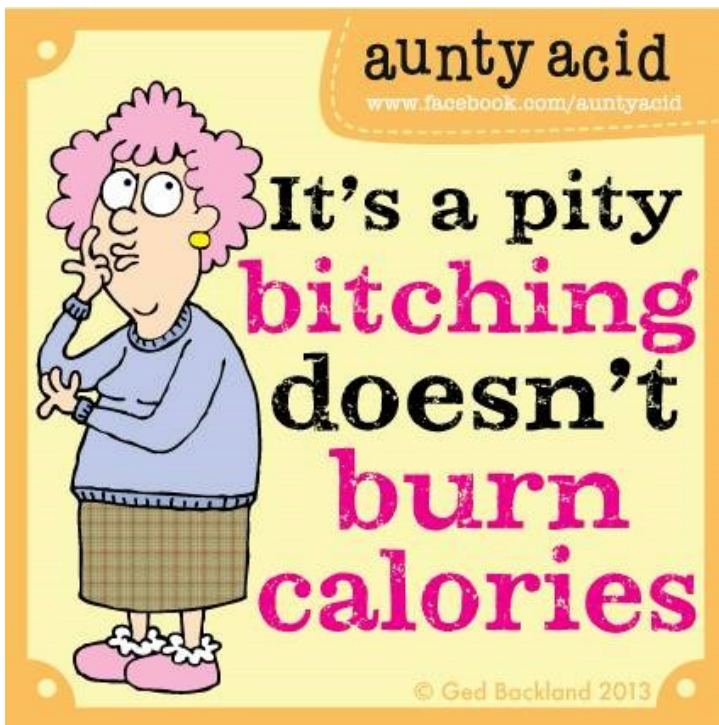
- Susan Simpson



The distance it takes for me to forget a number between 1 and 10



 Law of Probability- The probability of being watched is directly proportional to the stupidity of your act.



If you think you are too small to make a difference, try sleeping with a mosquito.

DALAI LAMA





SYME SUMMER 2026 CLASS REGISTRATION FORM

OFFICE COPY

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
MONDAY	8 Weeks					
Lisa D.	Mixed Media Art	Church Hall	9:30 AM	11:30 AM	\$ 48.00	
Diane B.	Pilates	Gym	9:30 AM	10:30 AM	\$ 24.00	
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	\$ 24.00	
Luba I.	Osteo Keep Fit	Gym	11:50 AM	12:50 PM	\$ 24.00	
Luba I.	Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 24.00	
TUESDAY	10 Weeks					
Halyna I.	Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 30.00	
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	\$ 30.00	
Karen F.	Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 30.00	
Club	Hand Dance	Gym	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 30.00	
WEDNESDAY	10 Weeks					
Rebel K.	Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 30.00	
Club	Jovias Life - Gentle Flow (9 Weeks)	Church Hall	10:15 AM	11:15 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	10:50 AM	11:50 AM	\$ 30.00	
Yushan C.	Pilates	Gym	1:30 PM	2:30 PM	\$ 30.00	
Michael A.	Chair Yoga (Accessible)	Church Hall	1:30 PM	2:30 PM	\$ 30.00	
THURSDAY	10 Weeks					
Halyna I.	Aerobics (8 Weeks)	Gym	9:30 AM	10:30 AM	\$ 24.00	
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.	Chair Yoga	Gym	11:30 AM	12:30 PM	\$ 30.00	
Yushan C.	Cardio & Strength	Gym	12:45 PM	1:45 PM	\$ 30.00	
Games	Canasta	GP Room	1:00 PM	3:00 PM	P.A.Y.P	
Wanda F.	Essentrics Fitness	Gym	2:00 PM	3:00 PM	\$ 30.00	
FRIDAY	10 Weeks					
Michael A.	Beginners Yoga	Gym	9:30 AM	10:30 AM	\$ 30.00	
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	\$ 30.00	
SATURDAY	10 Weeks					
Karen F.	Strengthen & Lengthen	Gym	10:00 AM	11:00 AM	\$ 30.00	
Gina B.	Yogalates	Gym	11:15 AM	12:15 PM	\$ 30.00	
33 Pritchard Ave Toronto, Ontario Tel: (416) 766-0388 https://syme55.com					Class & Club Total	
					2026 Membership	
					Donation	
					GRAND TOTAL	
					Cheque ☐ Credit/Debit ☐ Cash ☐	



A Syme of the Tymes



Classes	Descriptions
Low Intensity	
Mixed Media Art	Mixed media art class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
Level 1 Line Dancing	Entry level choreographed dance moves to popular upbeat music.
Chair Yoga	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair.
Aerobics	Lower intensity rhythmic movements that engage full body activity.
Strengthen & Lengthen	The perfect balance of strength and mobility is what keeps us functional as we age. Standing (with chair support as needed) and on the mats, this no impact class focuses on gently restoring flexibility and range of motion.
Beginners Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Medium Intensity	
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
Advanced Yoga	Higher level yoga which incorporates stretch, breathe, strength and balance to facilitate an integration of body, mind and spirit.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accommodate seated exercise.
Co-Ed Fitness	Moderate level seated, standing and walking exercises with weight options to get your body moving.
Level 2 Line Dancing	Second level more advanced choreographed dance moves to popular upbeat music.
Essentrics Fitness	Focuses on healthy aging with gentle workouts for all fitness levels and improves ability to move freely without pain. Strength and stretching movements to music to increase flexibility, improves the range of motion in our joints and prevents injuries.
Cardio & Strength	Half gentle cardio fit, half strength training try this immersive class to get your body moving.
Yogalates	Try this great blend of yoga and pilates where movements merge and transition into yoga and deep stretches. Excellent for coordination and flexibility.
High Intensity	
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Drum Fitness	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.
Functional Fitness	Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.
Clubs	Descriptions
Hand Dance	Bilateral Brain Gym set to music. Also improves manual dexterity.
Jovias Life - Gentle Flow	Light, low impact games and exercise with slower paces and transitions, move at your own comfort level fitness.
Games	P.A.Y.P = Pay as you play \$2.50
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.
Bridge	Enjoy a game of Bridge.
Cribbage	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.
Canasta	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.
Scrabble	Come hang out and play a friendly game of Scrabble.
<u>PLEASE READ BEFORE REGISTERING</u>	
1. Members are welcome to try up to 3 programs before registering. You can not try a program that is at capacity. Please stop by the office for a guest pass before trying a class. 2. Members are allowed to change a class within the first two weeks only. Changes requested after the date will be at the discretion of the Program Manager. 3. Please remember to sign in each time you come to the Centre. If you do not have a blue tag, stop by the office. 4. If a class is cancelled due to instructor illness, a make up class will be offered at the end of the session, time permitting and based on the availability of the instructor. We do not compensate for missed classes. 5. Please remember to bring indoor shoes for fitness programs. No wet boots/shoes in the Gym. No glass or mugs allowed in the Gym. 6. Weather cancellation policy: If the Centre is closed due to weather, a automated phone call and an email will be sent to the full membership. 7. This is a scent free space. Please avoid the use of scented products including perfume etc. ALL GUIDELINES & PROTOCOLS ARE SUBJECT TO CHANGE	



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.



Jolly II Italian Ristorante

When: Tuesday July 21, 2026

Time: 4:30 PM

Where: 2625 Weston Rd.

(east side of Weston Rd., s of hwy. 401. at the back of the plaza)

Features: Italian cuisine, lots of free parking, washrooms on main floor

www.jollyrestaurant.com



Scruffy Murphy's Irish Pub

When: Tuesday August 18, 2026

Time: 4:30 PM

Where: 225 The East Mall, Etob. (e. side of the East Mall, n of Dundas St W)

Features: washrooms on main floor, lots of free parking

www.scruffymurphys.ca



High Park Brewery

When: Tuesday September 15, 2026

Time: 4:30 PM

Where: 839 Runnymede Rd. Toronto

(east side of Runnymede, n of St. Clair)

Features: plenty of free parking, washrooms on main floor, craft beers

www.highparkbrewery.com



Payouts are hitting Canadian bank accounts in bread price-fixing settlement

The payout process has begun for those who processed a claim in a \$500-million settlement for a class-action lawsuit stemming from the alleged industry-wide price fixing of bread. The settlement was reached in July 2024 and included a combined \$404 million to be paid by Loblaw and George Weston Ltd. The remaining \$96 million is accounted for through a gift card program Loblaw announced in 2017.

"Payments are being issued on a rolling basis and not all claimants will receive payment at the same time," the claim's website states. "The amount you receive will depend on whether or not you previously received a \$25 Loblaw card from the Loblaw Card Program."

"If you did not participate in the Loblaw Card Program you will be paid \$49.11. If you participated in the Loblaw Card Program you will be paid \$24.11."

The website also notes that "the amount payable to claimants who chose to receive their payment by cheque will be reduced by two dollars."

The claims process came to an end as of Dec. 12, 2025. Those who were eligible for a piece of the settlement had to have purchased packaged bread for personal use or for resale between January 2001 and December 2021. (from various news outlets)

A short history of FIFA

The FIFA World Cup, inaugurated in 1930, is a quadrennial men's football tournament that has grown into the world's most-watched single sporting event. Brazil holds the record with five championship titles, followed by Germany and Italy with four each. Argentina is the reigning champion, having won the 2022 tournament in Qatar.

- **1930 Inaugural Tournament:** Proposed by FIFA President Jules Rimet, the very first World Cup was hosted and won by Uruguay,
- **1998 Format Change:** After decades of using 16- and 24-team structures, FIFA expanded the tournament to 32 nations for the 1998 World Cup in France.

The New Millennium: From 2002 onwards, the tournament's footprint expanded geographically. Co-hosted by South Korea and Japan, 2002 marked the first time the event was held in Asia and the first time it had dual hosts. South Africa hosted the first African World Cup in 2010, while Qatar brought the tournament to the Middle East in 2022.

All-Time Champions

The World Cup has been dominated by South American and European nations, with only eight countries ever lifting the trophy. (from Wikipedia)



The English language has some wonderfully anthropomorphic collective nouns for the various groups of animals.

We are all familiar with a

Herd of cows,
Flock of chickens,
School of fish
Gaggle of geese, and
A Pride of lions.

However, less widely known is:

A Murder of crows
An Exaltation of doves
And, presumably because they look so wise:
A congress of owls.

Now consider a group of Baboons.
They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates. And what is the proper collective noun for a group of baboons?

Believe it or not ... A Parliament
YEP....A PARLIAMENT OF BABOONS!



The Muppet Show was banned from Saudi Arabian TV because one of its stars was a pig.



Age 60 might be
the new 40, but
9:00 pm is the
new midnight.

SUCCESS: (*How true this one is.*)

At age 4 success is	- Not piddling in your pants.
At age 12 success is	- Having friends.
At age 17 success is	- Having a driver's license.
At age 35 success is	- Having money.
At age 50 success is	- Having money.
At age 70 success is	- Having a driver's license.



WORD FUN:

CELERITY

(Play directions appear elsewhere in the newsletter)

Celery	Cire	Cite	City	Creel	Eely	Eerily	Eery
Elect	Elite	Erect	Leer	Leery	Lice	Lire	Liter
Lyre	Lyric	Recte	Reel	Relic	Relict	Relit	Rely
Retie	Rice	Rile	Rite	Telic	Tier	Tile	Tire
Tree	Trey	Trice	yeti				

**I told my suitcases
that there will be no
vacation this year.
Now I'm dealing with
emotional baggage.**

**How to frighten the new
generation:**

**Put them in a room with a
rotary phone, an analog
watch, and a
TV with no remote.
Then leave directions on
how to use in cursive.**

TRUTHS THAT ADULTS HAVE LEARNED:

Raising teenagers is like nailing jelly to a tree.

The wrinkles don't hurt.

Families are like fudge...mostly sweet, with a few nuts

Today's mighty oak is just yesterday's nut that held its ground.

Laughing is good exercise. It's like jogging on the inside.

Middle age is when you choose your cereal for the fiber, not the toy.



HIGH PARK ACCESS FOR ALL

RALLY FOR ACCESS

Every Second Saturday of the Month:

April 11th - May 9th - June 13th - July 11th

Aug 8th - Sept 12th - Oct 10th

Meet at Bloor Gate 11.00am-1.00pm

Gather at 11.00am , bring signs...

High Park was closed to vehicles in 2020 and has continued to be closed on weekends and statutory holidays. Toronto City Council has voted to continue current closures and close the Park permanently to cars by **2027!!!!**

Help have this matter re-visited and amended to allow all including Disabled, Mobility challenged, Seniors, and Young Families free access to High Park

FIGHT FOR WHAT IS RIGHT!

Help take back High Park : sign the Petition:
www.change.org/equalaccess-highpark





If you feel like pondering , now's your chance !!

- >
- > If at first you don't succeed, destroy all evidence that you tried.
- > A conclusion is the place where you got tired of thinking.
- > Experience is something you don't get until just after you need it.
- > For every action, there is an equal and opposite criticism.
- > Never do card tricks for the group you play poker with.
- > No one is listening until you make a mistake.
- > Success always occurs in private, and failure in full view.
- > Hardness of butter is proportional to the softness of the bread.
- > The severity of the itch is proportional to the reach.
- > A clear conscience is usually the sign of a bad memory.
- > Don't sweat petty things... or pet sweaty things.
- > Bills travel through the mail at twice the speed of checks.
- > Hard work pays off in the future. Laziness pays off now.
- > Eagles may soar, but weasels aren't sucked into jet engines.
- > Borrow money from pessimists--they don't expect it back.
- > Half the people you know are below average.
- > 99 percent of lawyers give the rest a bad name.
- > If at first you don't succeed, then skydiving definitely isn't for you!
- > Everyone has a photographic memory. Some just don't have film.
- > Boycott shampoo! Demand the REAL poo!
- > If you choke a smurf, what color does it turn?
- > Who is General Failure and why is he reading my hard disk?
- > What happens if you get scared half to death twice?
- > Energizer Bunny arrested, charged with battery.
- > Shin: a device for finding furniture in the dark.
- > How do you tell when you run out of invisible ink?
- > Laughing stock: cattle with a sense of humour.
- > Why do psychics have to ask you for your name?
- > Wear short sleeves! Support your right to bare arms!
- > OK, so what's the speed of dark?
- > Black holes are where God divided by zero.
- > All those who believe in psychokinesis raise my hand



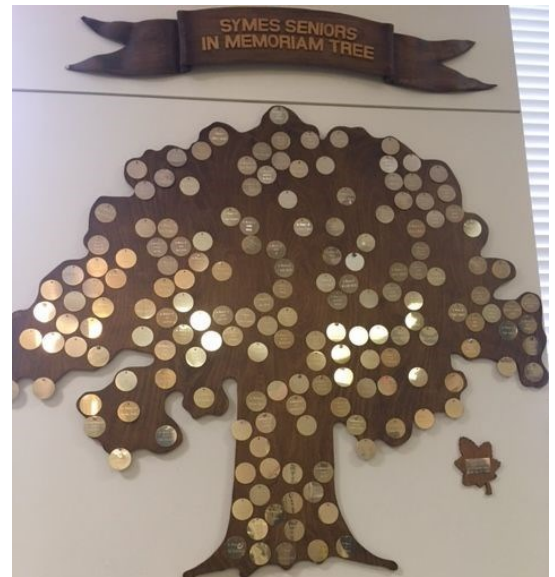
The **IN MEMORIAM** Tree

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

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

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

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



Bequests

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

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



DONATIONS

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

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

Donation Form

Charitable Registration #12437 7292 RR0001

Name: _____

Address: _____

Postal Code: _____ Phone: _____

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

- | | | | |
|--------------------------|-------------|-----------------|-------|
| ☐ | Contributor | under \$25.00 | _____ |
| ☐ | Friend | \$25-\$49 | _____ |
| ☐ | Supporter | \$50-\$99 | _____ |
| ☐ | Associate | \$100-\$299 | _____ |
| ☐ | Companion | \$300-\$999 | _____ |
| ☐ | Angel | \$1000 and over | _____ |
| ☐ | Other | | _____ |

Please make cheques payable to:

The George S. Syme Senior Centre of York

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

Bereavement Receptions

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



Be a Tourist in Your City

For a 90-minute private guided tour of



Meet you @ St. Lawrence Market

When: Wednesday September 23, 2026

Time: 10 AM (rain or shine)

Meet at: The Front Street entrance of the Market by the red door.

Tour operated by: Bruce Bell Tours

Cost: \$30 (Members); \$35 (non-members)

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

Lunch is on your own.

Must register and pay in the office by Friday September 14, 2026.



What Enquiring Minds Need to Know

The London Underground first opened as an underground railway in 1863 and its first electrified underground line, the City and South London Railway, opened in 1890, making it the world's oldest metro system,

New York City ranks first globally with 472 individual station stops,

The Beijing Subway is the world's longest metro network at 879 kilometres (546 mi) and the busiest one with annual ridership approximately 2.83 billion passenger trips.

As of 2024, the country with the most metro systems is China, with 54 in operation, including 11 of the 12 longest networks in the world.

Hongyancun Station in Chongqing, China, is the deepest subway station in the world at 116 metres (381 feet) below street level.

Meanwhile in Toronto

The deepest station on the Toronto subway network is Avenue Station, which reaches a depth of 32 metres (105 feet) underground. Additionally, the deepest point on Line 1 (Yonge/University) is approximately 33.5 metres (110 feet) below street level.

The longest escalator system in the world is the Wushan Goddess Escalator in Wushan County, China, measuring nearly 3000 feet (905 metres) in length, climbing 800 feet vertically using a series of 21 individual escalators and 8 elevators. Riding the full system to the top takes 21 minutes.

Other Notable Long Escalators

Central-Mid Levels Escalator, Hong Kong

This is the longest outdoor covered escalator system, stretching 800 metres (2600 feet) with a vertical rise of 135 metres (443 feet). Opened in 1993, it consists of 18 escalators and 3 inclined moving walkways. Riding the entire length from end to end takes exactly 20 minutes

Saint Petersburg Metro, Russia

The longest continuous single span escalators are found at stations like Ploshchad Lenina, Chernyshevskaya and Admiralteyskaya, each 453 feet (138 metres) long with a vertical rise of 226 feet (69 metres).

Moscow Metro, Russia: Park Pobedy Station features escalators 416 feet (126.8 metres) long with a vertical rise of 208 feet (63.4 metres).

Meanwhile in Toronto

Empress Walk is a large condominium and retail complex located Yonge and Empress Walk. It features the longest elevator in Toronto and the second longest freestanding elevator in North America, supported only at its ends.

- compiled from various Wikipedia sites



COME AND JOIN US
MYSTERIOUSLY YOURS BRUNCH



WHEN: Thursday October 15, 2026

WHERE: The Old Mill, 21 Old Mill Rd., Etobicoke

TIME: 11:15 AM

Lunch & Show price includes refillable coffee or tea for adults. Tax & gratuity included. Alcohol and soft drinks are extra.

Cost is \$102 (member); \$107 (non-member)

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

Space is limited so, reserve your spot now.

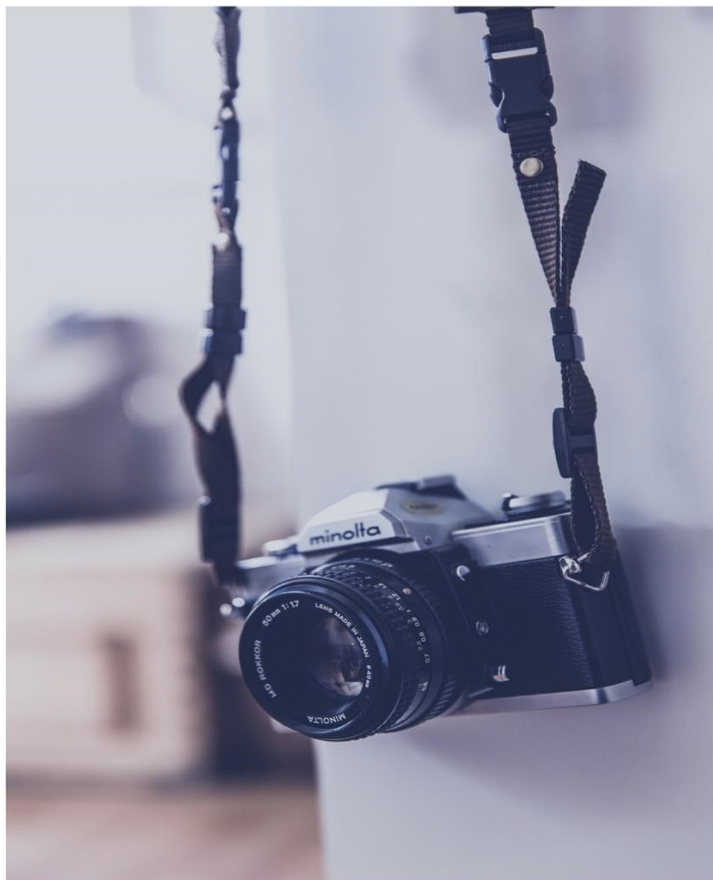
Must register and pay in the office by September 8, 2026

*Syme***55+**
CENTRE



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





Time To TRAVEL

GET READY FOR NEW ADVENTURE



Kingston Show Tour July 31 to Aug 2

Highlights

- * Home pick-up/drop off (Metro Toronto)
- * Return transportation via deluxe coach
- * 2 nights accommodation in Kingston
- * 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
- * 1 hour cruise on the St. Lawrence River

Price: from \$979.00 per person

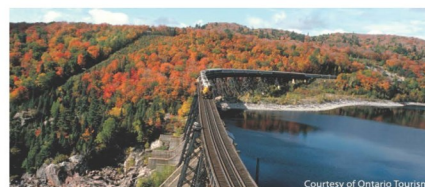


Two Shows, Endless Laughs September 30 to October 2

Highlights

- * Home pickup/drop off (Metro Toronto)
- * Return transportation via deluxe coach
- * 2 nights accommodation
- * Ticket for Something Rotten at the Stratford Festival Theatre
- * Tickets for One For the Pot at the Shaw Festival Theatre
- * 2 breakfasts, 2 lunches, 2 dinners
- * Visit to the St. Jacobs Market
- * Two hour return train ride St. Jacobs to Elmira

Price: from \$1,149.00 per person



Agawa Canyon Sept. 28 to Oct. 1 or October 5 to 8

Highlights

- * Home pick-up/drop off (Metro Toronto)
- * Return transportation via deluxe coach
- * 3 nights accommodation
- * 3 breakfasts
- * 1 lunch,
- * 2 dinners
- * Agawa Canyon Train Excursion
- * Picture stop at the Big Nickel Mine
- * Visit to the Bushplane Heritage Centre
- * Option casino visit

Price: from \$1,479.00 per person



Canadian Casino November 1 to 4

Highlights

- * Home pick-up/drop off (Metro Toronto)
- * Return transportation via deluxe coach
- * 3 nights accommodation at the 5 Star Hilton Lac Leamy
- * 3 breakfasts, 1 lunch, 1 dinner
- * \$40.00 coin bonus at Casino Lac Leamy
- * \$30.00 food coupons
- * \$10.00 slot play at the 1000 Island Casino
- * \$10.00 slot play at the Hard Rock Casino

Price: from \$999.00 per person



Polar Bears of Churchill, Manitoba November 12 to 17

Highlights

- * Home pickup/drop off (Metro Toronto)
- * Return airfare & return transfers
- * 3 nights accommodation in Churchill
- * 2 nights accommodation in Winnipeg
- * 2 full day tundra buggy tours including lunches
- * 10 meals including 3 breakfasts, 4 lunches, 3 dinners
- * Many more inclusions

Price: from \$12,499.00 per person



Southern Portugal January 29 to February 27, 2027

Highlights

- * Home pickup/drop off (Metro Toronto)
- * Return airfare Toronto-Faro
- * Return transfers to/from airport to hotel
- * 28 nights accommodation at Alfagar Alto Da Colina, including "Welcome Dinner"
- * 4 day trips including: a full day trip to Olhao, Tavira, and Faro "Treasures of the East", and much more.

Price: from \$4,299.00 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. Ontario Registration #4281143 www.yearroundtravel.com