

A Syme of the Tymes

Volume 19 Issue 3

AUTUMN COLOURS

Syme
55+
CENTRE



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Photo:
Nancy Trefiak



Above: facing Pritchard Ave.

Below: sign facing parking lot





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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 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



Either I am getting very smart and quick or the downstairs cat is getting old and more tolerant. She has not scratched me in at least a month, even though I continue to pet her and pick her up. I keep telling her "My house, my rules" as I try to give her some (unwanted) attention. Perhaps she is content without the visiting cat, who will be returning in December.

Although my 2008 Impala had low mileage it was drinking power steering fluid like I had shares in the company. I decided to get a newer car. There were only 2 priorities: the seat had to be comfortable and it had to have a sunroof. I sat in a number of cars. Finally, I sat in a friend's Subaru and knew that was it. I found one and now I wear a sunhat while driving so that my head does not get sunburnt. When the moonroof and front windows are open it is an exhilarating drive. It is also the closest I will ever get to owning a convertible. Right now, I am sure the moonroof will only be closed when it rains or there is snow on the roof or it is exceedingly hot.

A young fellow came over to do a job for me, took one look at the outside tap and declared that I needed a plumber. Another guy came, looked and said "Oh I can fix that". And he did. I now have a handy man. He has done a number of jobs for me including putting up new eavestroughs and repairing others. He also cleaned my windows and screens. My first reaction when I looked out my windows was to wonder if there was glass in them (there was) and were the screens put back on (they were). If anyone is looking for a handyman, Clayton is your guy. His phone number is 437-925-6993. He has done a number of odd jobs for Syme members including hanging curtains. If you call just mention that you are from Syme so he'll know.

This fall I am going on a cruise to the Dalmatian coast. My travel companion and I want to make our own tour arrangements but neither of us want to take our computer or cell phones which we will need to speak to tour operators. I relented and decided to take my cell. I went to the Bell store to inquire about phone plans. Staff gave me a telephone number to call which I brought home to use. It was written on a piece of paper. I put it down on my desk and went to make a cup of coffee. When I returned the cat had grabbed the piece of paper and was eating it. She ate the numbers and the paper. Now I must return to the Bell store.

Donna Tettmar, Editor

**Human-beings get rich as they
grow old: silver in hair, gold in
teeth, sugar in blood, precious
stones in kidney, and a never
ending supply of gas!**



Message from the President- Kim Lambert



Hi everyone, I am Kim Lambert, President of your Board. Some of you know me while others may not. I have sat on the Board for two years. My first year on the Board, I was Secretary to the Board and lead the development of the latest Strategic Plan. This Plan was requested by the City of Toronto and is key to continued funding. You can find a copy of the Strategic Plan on the Syme Website. Over the coming year the Board will continue to work on implementing the mandates in the Plan. Each Board member has been assigned one of the mandates to implement and will be seeking member volunteers to assist. Please note that an organization like the Syme Centre is only as good as its volunteers. Watch for opportunities to volunteer and participate in something that peaks your interest.

The Board will be hosting a DROP-IN on Monday, October 5th, from 1 p.m.- 3 p.m. Come meet the full Board and enjoy some light refreshments. Registration is required for this event. Please Register in the Office.

The Board is interested in hearing from you. We want the Centre to be a place where you come and stay either before or after your programs. If you have information to share, have questions, concerns or suggestions email syme55@syme55.com. sSyme55@syme55

A reminder that Fall Program registration package pick-up is Friday, September 11th, starting at 8:00 a.m.

I look forward to meeting you on October 5th.

Kim Lambert

President, Syme 55+ Centre

WORDS OF WISDOM

It's weird being the same age as old people.

Just once, I want a username and password prompt to say
CLOSE ENOUGH.



Welcome Back to Fall at Syme 55+ Seniors Centre! 🍁

We hope you had a wonderful summer and found time to enjoy the sunshine, relax, and spend time with family and friends.

As we head into the fall season, we're excited to welcome everyone back to the Syme 55+ Seniors Centre. Fall is a great time to reconnect, meet new people, try something new, and enjoy all the activities and programs the centre has to offer.

Whether you're a regular visitor or joining us for the first time, we're glad you're here. Our centre is all about friendship, fun, learning, and staying connected, and we can't wait to share another great season with you.

Be sure to check out our upcoming programs and events. There will be plenty of opportunities to stay active, get creative, have a few laughs, and enjoy time together.

Here's to a happy, healthy, and enjoyable fall. We look forward to seeing you around the centre!

Welcome back, and happy fall!
Warmly,
The Syme 55+ Seniors Centre Team 🍁



FROM WEBMD

7 Nutrients You May Be Missing in Your Diet

Potassium

Like most Americans, you probably need more of this mineral. It's good for your blood pressure and may lower your risk for kidney stones and bone loss. Your muscles and nerves need it to work right, too. It's found naturally in milk, potatoes, sweet potatoes, bananas, avocados, and legumes.

Magnesium

Spinach is good for you, but do you know why? Along with beans, peas, whole grains, and nuts (especially almonds), it's a good source of magnesium. Put some or all of these foods on your plate to help prevent disease.

If you have stomach or intestinal problems, type 2 diabetes, or long-term alcohol abuse, or if you're an older adult, you're more likely to be short on magnesium

Vitamin A

It supports good vision, healthy immunity, and tissue growth. There are two types of vitamin A: retinol and carotenoids, like beta-carotene. To get more into your diet, focus on orange and yellow fruits and vegetables, like sweet potatoes, carrots, and winter squash. You'll also get it from spinach and broccoli.

Vitamin D

Your bones, muscles, and nerve fibers all need it. It also helps keep your immune system in its prime. Your body can make vitamin D when you get enough sunshine. But too much sun is bad for you, so you can also eat foods including salmon, mackerel, and mushrooms exposed to ultraviolet light. Liver, cheese, and egg yolks have small amounts. Milk, some brands of orange juice, and many cereals are fortified with it, too.

Calcium

There's more to this mineral than healthy teeth and bones. It's also key for your muscles, including your heart. With potassium and magnesium, it might even help prevent high blood pressure. Dairy is an excellent source. Other foods with calcium include canned salmon, kale, and broccoli. Remember, you need vitamin D for your body to absorb calcium.

Vitamin C

Can it cure the common cold? Maybe not. But some research suggests it may make you feel less sick and better sooner. This vitamin, found in many fruits and vegetables, boosts the growth of bone and tissue. It's an antioxidant, too, so it might also help protect your cells from damage.

Fiber

You can get loads of benefits from whole grains, beans, and veggies and fruits. A high-fiber diet can help lower your cholesterol and keeps you regular. Plus, it might lower the risk of heart disease, diabetes, and some cancers. Extra fiber is great if you want to lose a few pounds: It fills you up, so you eat less.

Did you know.....

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.



PHOTO CONTEST
For the cover of our
WINTER 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

December 1, 2026

Did you know.....

"stewardesses" is the longest word typed with only the left hand.
And "lollipop" is the longest word typed with only your right hand.



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 **DECLASSE** meaning: of inferior social status.

The average mark is 23 words in 40 minutes. Can you find 29 or more words in declasse?

(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.



SCAM ALERT

By Vena Eaton

The dishes are done and you're sitting down for a cup of tea. The phone rings: "Granny, it's me, your grandson. I'm in trouble and need money fast."

This is an opening line to what can be a scary scenario for seniors picking up the phone. It may be your grandson, or it could be a scammer looking for another victim. How do you tell the difference when the caller sounds like your grandchild, yet something feels off?

Telephone calls were the most common way for scammers to get personal and financial information from a victim. Today, they use email and text scams, along with social media (Facebook, Instagram) and/or QR code scams.

In Canada in 2025 there were 40,679 reports processed, with 27,693 victims registered, totaling \$704 million lost to fraud, according to the Ontario Provincial Police Serious Fraud Office. Only 5-10% of frauds are reported, so these numbers do not tell the entire story.

"Scammers often use basic information to trick you into giving more financial and personal information," writes the Ontario anti-fraud website. They could pretend to be a member of your family, your bank, a utility or an insurance company. They may mimic a company you do business with, or offer a deal on phone or internet services, window washing or roofing.

Banks and other trusted institutions will never ask for personal information via email or text. Hang up and call the institution if you don't feel comfortable.

Contact the police and the Canadian Anti-Fraud Centre if you suspect you may be a victim. They will recommend halting all communication with the scammer. Change your passwords to affected accounts, including social media sites. Contact a consumer reporting agency such as Equifax Canada or TransUnion Canada. They will put an alert on your credit report and monitor for suspicious activity.

"Artificial Intelligence (AI) has armed fraudsters with powerful tools to create highly convincing impersonations and deceptive marketing schemes. Canadians must stay vigilant. When people report fraud, they're not just protecting themselves, they're helping stop it," says Jeanne Pratt, Acting Commissioner of Competition in a recently released press release.

Visit the following for more information:

SOURCES:

Canadian Anti-Fraud Centre, www.antifraudcentre.ca

Ontario Anti-Fraud Centre, www.ontario.ca

Ontario Provincial Police, <https://sfo.opp.ca> (Serious Fraud Office)



FIVE SIGNS IT'S A SCAM

They'll pressure you to make a quick decision. They use threatening language if you say no.
They tell you not to share details with family, friends or local authorities.
They only accept gift or prepaid credit cards. These cards cannot be traced.
You receive an email from an unknown sender with no information other than a hyperlink or an attachment.
The caller asks for your credit card number, bank account information or a PIN, (Personal Identification Number). They may also ask for your Social Insurance Number, birthdate or security answers.

TIPS TO KEEP INFO SECURE

Do not open emails from unknown sources. Block the email address to prevent the sender from trying again.

Do not open any attachments or follow any links to third-party websites.

Verify the sender by looking at the website address in your search bar. A secure site will have an icon of a lock in front of the website's address. This ensures the website asking for personal information is encrypted, meaning your information is secure.

Look for addresses that start with "https:" rather than "http". The missing "s and colon" is a big red flag.

If you are suspicious, contact the organization through normal channels, i.e. a publicly listed phone number or email. Visit their website through your server not by a link or code.

- Buyer beware of anyone asking for upfront fees before any work or service is provided.
- Check your bank statements regularly for unknown transactions.
- Banks, the police, government agencies and reputable firms will never send an email or text requesting personal or financial information.
- Be aware of your surroundings when using a bank or point of sale machine.

PROTECT YOUR HEART & YOUR WALLET

Another scheme is the virtual romance scam, whereby someone you meet through a dating site, or social media platform professes their love a little too soon. They try to gain your trust to access your money or personal information. The OPP recommends looking out for the following clues:

- You never meet them in person because "they live outside of Canada or the province."
- They may use a false identity, impersonating anyone you may find trusting.
- They want to contact you outside of the dating site or social media platform.
- ♦ They need money for an emergency, using scenarios such as their bank account is locked, they were in an accident, a family member is sick, they must pay immigration fees, or they need financial help for their passage to Canada and will pay you back once they landed.

REMEMBER THESE IMPORTANT RESOURCES

Canadian Anti-Fraud Centre, www.antifraudcentre.ca

Ontario Anti-Fraud Centre, www.ontario.ca

Ontario Provincial Police, <https://sfo.opp.ca> (Serious Fraud Office)



The Many Faces of Syme



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



The Many Faces of Syme





The Many Faces of Syme



BEING ENTERTAINED, EATING, DANCING, DRAWING OR JOKING AROUND
WE ARE HAVING A GREAT TIME -- ALWAYS!
COME AND JOIN US.



Friday Lunch Program

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

July 3rd. We enjoyed a lunch of chicken burgers and salad. We then watched the movie entitled "Nonnas", which was based on a true story of grandmothers (nonnas) coming together in New York to prepare and cook, family style, Italian recipes.

July 17th. A tasty lunch of ground beef stir fry with noodles was served. Followed by an interesting presentation by staff from TLC Homecare and Nursing.

July 31st. We were served a lunch of Portuguese Chicken, rice and potatoes. Dessert was a delicious Portuguese custard tart. A representative from the Toronto Public Library (TPL) informed attendees of the current facilities, in person programs and online choices that are being offered by TPL. The guest speaker answered a number of questions and made available some printed material.

August 21st. We were served a tasty meal of BBQ chicken, roasted potatoes, and corn. The guest speaker of 'Rethinking Stress', Ann Schnurr, Psychotherapist. Gave us information on how people react to stress, of different types, and also how to handle and have less reactions to any stress. The speaker had a hand out sheet of practical tips for dealing with stress.

September 4th. We had a tasty meal of fried chicken, rice and pasta salad; dessert pineapple upside down cake. This was followed by the entertainment of Jay Douglas and his accompanist (John). Jay is a well-known Jamaican - Canadian singer and performer from the 60's. He was very entertaining, performing reggae and blues music. Jay left us with an appreciation of a fine artist.

Sept 11th - Fall Registration - no Friday luncheon.

September 18th. We had a lunch of Mexican chicken and rice casserole. Our speaker was Rob Thomson, founder of Mea Vita Publishing. The topic of Tell your Life Story, whereby we could create our personalized life stories for our families to enjoy and treasure.





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.



Free Times Café

When: Tuesday Oct. 20, 2026

Time: 4:30 PM

Where: 320 College St. Toronto

(on the north side of College, 2 ½ blocks west of Spadina, east of Major)

Features: washrooms on main floor, street parking.

www.freetimescafe.com



Chiang Mai Junction

When: Tuesday Nov.17, 2026

When: 4:30 PM

Where: 2998 Dundas St. W. Toronto

(on the north side of Dundas, west of Keele, east of High Park)

Features: washrooms on main floor, street parking, Thai dining.



Hoyra Gastrobar

When: Tuesday Dec. 15, 2026

Time: 4:30 PM

Where: 1566 Bloor St. W. Toronto

(n. side of Bloor, west of Dundas St. W., East of Dorval)

Features: washrooms on main floor, street parking, Ukrainian dishes

www.eathoyra.com



WORD FUN:

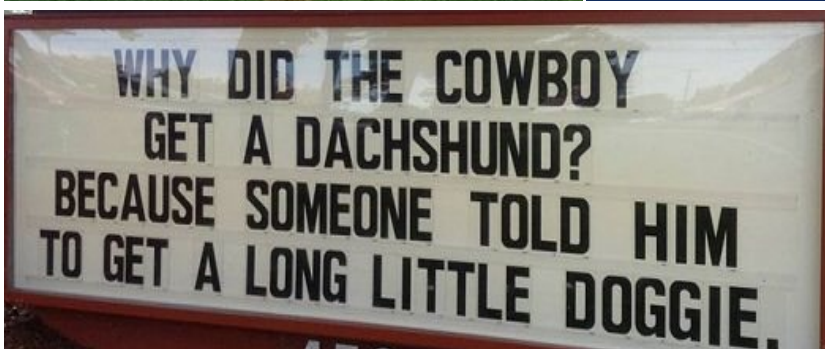
DECLASSE

(Play directions appear elsewhere in the newsletter)

Dale	Deal	Decal	Dele	Ease	Easel	Else	Case
Cease	Cede	Clad	Class	Lace	Lade	Lase	Lass
Lead	Lease	Lees	Less	Aced	Alee	Sale	Scad
Scald	Scale	Seal	Seed	Sled			



I hate it when I mean to
buy seedless grapes
but instead I
accidentally get...well
you know...Oreos





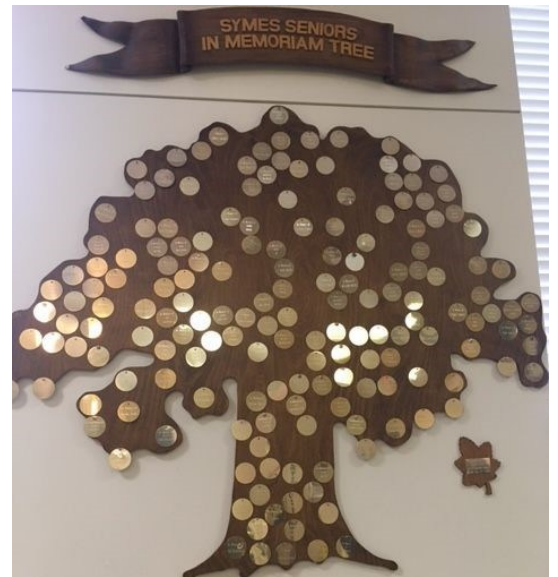
The IN MEMORIAM Tree

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.



What Enquiring Minds Need to Know

Dissectologist

A dissectologist is a person who enjoys assembling, solving, or collecting jigsaw puzzles.

At the Canadian Jigsaw Puzzle Association Championship, held in Georgetown Ontario in May 2026, Megan Sloka placed first completing the 500-piece puzzle in 40 minutes and 23 seconds. She was closely followed by Iryna Shvydchenko whose time was 40 minutes and 36 seconds. Forty eight of the 387 competitors in the singles final finished their puzzle in less than 1 hour. In the pairs final competition Chloe Glikbarg and Skye Vandeleest with a time of 1 hour, 1 minute and 17 seconds beat Caitlin Albert and Megan Sloka who had a time of 1 hour, 2 minutes and 11 seconds.

The World Championships are held in Spain.

Drones

Between June 10 and 20, 2026 13 drones were caught near restricted sites related to Toronto's FIFA events. The operators were caught and can be charged under a variety of regulations and by-laws. For example; Toronto's Municipal Code Chapter 608 bans drones in every city-owned park, including drones under 250g. Most of Toronto falls within controlled airspace around Pearson International Airport and Billy Bishop Toronto City Airport. Uncontrolled airspace exists only in parts of Scarborough. Legal launch points are limited to private property with landowner permission. Another example' Every Parks Canada location is a "no drone zone" for recreational use. This covers all 37 national parks, all national historic sites, all national marine conservation areas, and all national urban parks. Permits are available only for resource management, public safety, law enforcement, and park management. Recreational pilots cannot get a permit. Canadian Aviation Regulations specify penalties can be; for a minor infraction (unlicensed/unregistered) up to CAD \$3,000, for a serious charge (restricted airspace, endangerment) up to CAD \$15,000 and for a criminal charge (negligence, endangering aircraft) up to CAD \$25,000 and/or imprisonment.

Sub 250g drones still must follow airspace rules and cannot fly in restricted zones. Many hobbyists wrongly believe "under 250g = no rules." All under age 14 flyers need a certificate.

DID YOU KNOW

The Thoroughbreds that race at Woodbine have to be housed there for about one year prior to their first race? This is to acclimatize the horses to Pearson! Not only the sounds of the planes but the shadows caused by planes.



What Enquiring Minds Need to Know

Speedcubing (edited from Wikipedia)

Speedcubing, also known as speedsolving or simply cubing, is the competitive practice of solving combination puzzles as quickly as possible. It is recognized as a mind sport in which competitors, known as speedcubers or simply cubers, solve mechanical puzzles under standardized conditions to achieve the fastest times or, in some events, the fewest moves. The 3×3×3 Rubik's Cube is the most prominent puzzle in speedcubing and serves as the sport's flagship event.

International speedcubing competitions are governed by the World Cube Association (WCA), a non-profit organization founded in 2004 that standardizes regulations and maintains official rankings and world records. The first international Rubik's Cube championship was held in Budapest, Hungary, in 1982.

As of August 2026, the official WCA world record for the fastest single solve of the 3×3×3 Rubik's Cube is 2.76 seconds, set by Teodor Zajder from Poland.

There is a competition in Toronto in Sept., one in Pickering in Oct. and one in Ajax in Nov.

Toronto Has An Official Bee! (edited from the Royal Ontario Museum)

Toronto is home to more than 300 species of bees, including the Bicoloured Striped Sweat Bee, which is identifiable by its striking metallic green head. Small but mighty, it holds the title of the city's official bee.

**How come there is
enough asphalt for speed
bumps**

**But not enough to fill pot
holes**



Are you sweating
while putting gas in
your car?
Feeling sick when
paying for it?
You've got the
Carowner virus.



**RARE PHOTO OF A
REMOTE CONTROL
FROM THE 1970s...**



**The biggest test of my
patience throughout
this entire pandemic has
been opening a plastic
produce bag without
licking my fingers.**

**I WISH MY SIBLINGS WOULD STOP
CALLING ME "SPOILED" JUST
BECAUSE I'M THE YOUNGEST
IN THE FAMILY. THE TRUTH IS,
MY PARENTS JUST KEPT HAVING
CHILDREN UNTIL THEY FOUND
THE ONE THEY LIKED. IT'S
REALLY NOT MY FAULT.**



**"The older I get, the more clearly I remember things that nev-
er happened. - Mark Twain**



New Canadian terms enter the Oxford English Dictionary (from CBC)

Here is the full point form list:

Cashpiel (noun): A competition or tournament held for cash prizes. A play on "bonspiel," often a curling tournament held between players from different clubs or districts.

Elbows up (phrase): Used to indicate willingness to (aggressively) defend oneself or fight back. Frequently as a modifier.

Kitty-corner (adjective and adverb): Situated diagonally opposite someone or something.

Kokum (noun): Chiefly in Cree cultural contexts: a grandmother; one's grandmother; (more generally) an elderly woman. Also as a familiar title or form of address.

(noun): A formal written or spoken statement to recognize and honour the original Indigenous inhabitants of land that was subsequently colonized and on which an event or activity takes place, or an institution is located.

(noun and adjective): A format in which written information is presented in a list or series of concise statements.

The OED uses several methods to track the emergence of new words in English. Sometimes, new words are crowdsourced. Other times, they come from scholars who study how English is used in Canada. The OED also uses software to track the frequency of words in different parts of the world. **spiel, kokum**: New Canadian terms enter the Oxford English Dictionary

22 Times Canadian Ingenuity Left the U.S. in the Dust (from Hashtag investing)

Insulin	The Wonderbra	The Canadarm	The Avro Arrow
Poutine	Zipper	Instant Replay	The Paint Roller
Walkie-Talkie	Trivial Pursuit	IMAX	Egg Cartons
Garbage Bags	Standard Time	Electron Microscope	Bloody Caesar
Java Programming	Blackberry	Electronically Controlled Prosthetics	
YouTube Co-Founder	Telephone	Ice Hockey	

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." - Ann Landers



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.
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
Chair Yoga	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair.
Aerobics	Lower intensity rhythmic movements that enagage full body activity.
Tai Chi Open Practice	This self taught open practice class incoperates movements to help with mind, body connection.
Strengthen & Lengthen	The perfect balance of strength and mobility is what keeps us functional as we age. Standing (with chair suppoort as needed) and on the mats, this no impact class focuses on gently restoring flexibilty and range of motion.
Falls Prevention Fitness	Focuses on body stability, flexibility, coordination, lower limb strength and balance, through progressive exercises designed to enhance these key areas. This is an open-level class with mixes of seated and or standing options.
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 accomadate 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.
Zumba Gold	Easy to follow Zumba choreography that focuses on balance, range of motion and coordination for active older adults, may include a mix or standing or seated movements.
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
Timely Topics	Weekly speakers and lively discussion.
Hand Dance	Bilateral Brain Gym set to music. Also improves manual dexterity.
Woodcarving	Create works of art with wood and sharp tools.
Brain Boost	From word scrambles to bilateral brain gym , there are so many ways to boost your brain function. Have fun trying a different brain boosting activity every week.
Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Jovia Life - Gentle Flow	Light, low impact games and exercise with slower paces and transitions, move at your own fitness comfort level .
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.



Session Date: Monday, October 5th, 2026 - Saturday, December 19th, 2026

No Classes (Monday, October 12th & Monday, October 26th, 2026)

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
MONDAY	9 Weeks					
Lisa D.	Mixed Media Arts	Church Hall	9:30 AM	11:30 AM	\$ 54.00	
Diane B.	Pilates	Gym	9:30 AM	10:30 AM	\$ 27.00	
Games	Euchre	GP Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	Advanced Yoga	Gym	10:40 AM	11:40 AM	\$ 27.00	
Luba I.	Osteo Keep Fit (8 Weeks)	Gym	11:50 AM	12:50 PM	\$ 24.00	
Luba I.	Co-Ed Fitness (8 Weeks)	Gym	1:00 PM	2:00 PM	\$ 24.00	
TUESDAY	11 Weeks					
Halyna I.	Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 33.00	
Club	Timely Topics	Conference Room	10:00 AM	11:30 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	\$ 33.00	
Karen F.	Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 33.00	
Club	Hand Dance	Gym	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 33.00	
WEDNESDAY	11 Weeks					
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	Jovia Life - Gentle Flow (6 Weeks)	Church Hall	10:15 AM	11:15 AM	\$ 15.00	
Club	Brain Boost (Starts November 18 th)	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 (Accessible)	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
THURSDAY	11 Weeks					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 15.00	
Halyna I.	Aerobics	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Bridge	GP Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	Chair Yoga	Gym	11:30 AM	12:30 PM	\$ 33.00	
Yushan C.	Cardio & Strength	Gym	12:45 PM	1:45 PM	\$ 33.00	
Xiao Q.	Falls Prevention Fitness	Church Hall	12:45 PM	1:45 PM	\$ 33.00	
Games	Canasta	GP Room	1:00 PM	3:00 PM	P.A.Y.P	
FRIDAY	11 Weeks					
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	
SATURDAY	11 Weeks					
Karen F.	Strengthen & Lengthen	Gym	10:00 AM	11:00 AM	\$ 33.00	
Gina B.	Yogalates	Gym	11:15 AM	12:15 PM	\$ 33.00	
Club	Tai Chi Open Practice	Gym	1:30 PM	2:30 PM	\$ 15.00	



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





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.

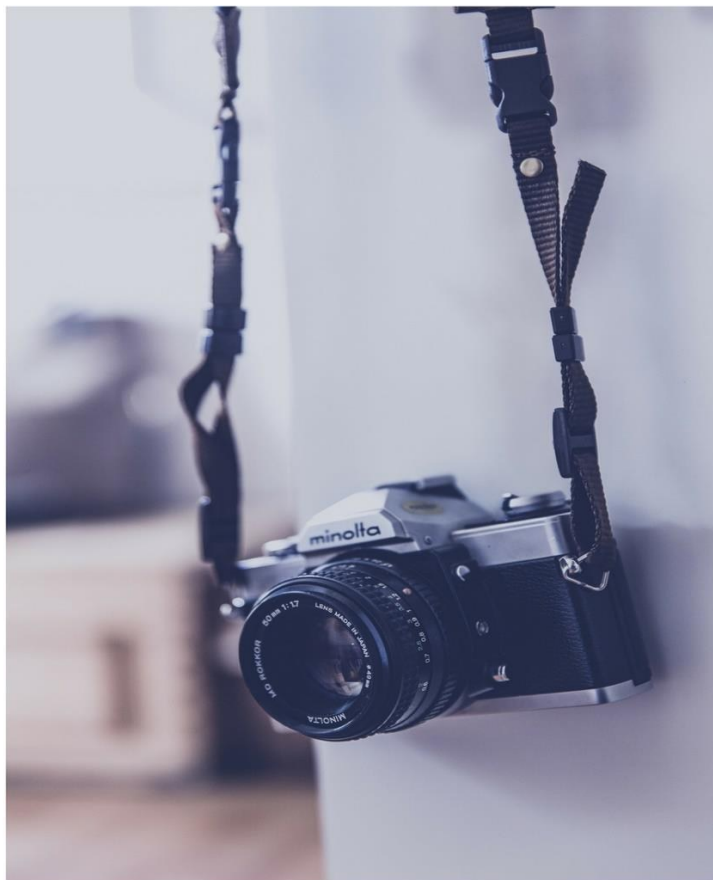
Must register and pay in the office by September 8, 2026

*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





It's never too late to start exercising.

That's why I'm waiting until later.



Be grateful that no matter how much chocolate you eat, your earrings will still fit.





5 AMAZING TRAVEL EXPERIENCES!

Unforgettable Journeys. Incredible Memories.

1

CANADIAN CASINOS NOVEMBER 1 TO 4, 2026

- Return Transportation
- 3 Nights Accommodations at Casino du Lac Leamy
- 5 Meals
- Ottawa City Tour
- ... and much more!



FROM
\$999.00
PER PERSON

2

CHRISTMAS SHOW TOUR DECEMBER 2 TO 4, 2026

- Return Transportation
- 2 Nights Accommodation in Windsor
- 2 Theatre Shows
- 3 Meals & \$30.00 food voucher
- ... and much more!



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\$1099.00
PER PERSON

3

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- ... and much more!



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5

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