

TRAVEL NEWS

**FERGUS SCOTTISH FESTIVAL & HIGHLAND GAMES**

SATURDAY AUGUST 10TH, 2019

CELTIC MUSIC, BAGPIPES, HIGHLAND DANCING, STORYTELLING, SINGING AND

VENDORS GALORE!

COST: MEMBERS \$60.00

NON MEMBERS \$67.00

PICK UP AT JANE PARK PLAZA AT 8:45AM

PLEASE SIGN UP AT RECEPTION

**MAGNIFICANT MONTREAL**

AUGUST 20TH-23RD, 2019

INCLUDES 3 NIGHTS IN FIRST CLASS ACCOMODATION, 3 BREAKFASTS, 2 DINNERS AND CITY TOUR.

TWIN \$829.00 SINGLE \$1159.00

PLEASE CONTACT YEAR ROUND TRAVEL FOR MORE INFORMATION

PLEASE LET THEM KNOW YOU ARE TRAVELLING WITH SYME 55+

**EXPLORE MEAFORD**

SATURDAY AUGUST 24TH, 2019

HISTORIC TOUR OF MEAFORD

COST: MEMBERS \$129.00

NON MEMBERS \$136.00

PICK UP AT ISLINGTON SUBWAY AT 8:00AM

PLEASE SIGN UP AT RECEPTION

**NATURAL WONDERS OF PRINCE EDWARD COUNTY**

TUESDAY, SEPTEMBER 24TH, 2019

A DAY OF FUN AND LEARNING WITH GUIDE PETER BROTHERHOOD

COST \$98.00 PER PERSON

PICK UP AT ISLINGTON SUBWAY AT 6:45AM

PLEASE SIGN UP AT RECEPTION

**IT'S SENIORS DAY BALA CRANBERRY FESTIVAL**

FRIDAY, OCTOBER 18TH, 2019

COST \$97.00 PER PERSON

PICK UP AT ISLINGTON SUBWAY AT 8:15AM

PLEASE SIGN UP AT RECEPTION

**MASSAGE & ACUPUNCTURE**

Acupuncture and massage can help with various pain problems such as: poor circulation, fatigue and stress.

**Thursdays, August 8th & 29th, 2019**

**\$25.00 for 30 min or \$50.00 for 1 hour**

**Please see reception to book an appointment**

**FOOT CLINIC**

Basic foot care (e.g. nail clipping, corn & callus removal)

**Sign up at Reception prior to scheduled foot clinic date**

Client must bring valid Health Card for each visit

**Friday, August 23rd, 2019 Cost: \$10.00/person**

*Syme***55+**  
CENTRE  
**August 2019**

Program News

**Friday, August 2nd, 2019**

High Tea Luncheon

12:00 pm - 2:00 pm

Cost \$10.00/person

Come out and enjoy a wonderful lunch!

Dress to impress! Big hats, white gloves and dresses!

**Friday, August 9th, 2019**

Grenadier Restaurant @ High Park

Meet there for 11:00 pm

Cost \$11.50/person

Limited Spaces Available

**Friday, August 16th, 2019**

Garden Party

12:00 pm - 2:00 pm

Cost \$10.00/person

Did you know that without bees there would be no wine or chocolate?

Come learn about the importance of bees!

**Friday, August 23rd, 2019**

Strategic Planning Brainstorming Session

12:00pm - 2:00pm

Cost: \$6.00/person

Let us know your ideas!

**Friday, August 30th, 2019**

Wards Island Information Pending

If interested please come to the office and place your name on the

interested list

Fall Registration

We are trying something new!

Registration for fall programs will begin on

**Monday, August 26th, 2019 in the office.**

We will not be holding a registration day.

Please help us make the process easier by signing up early.

Summer Class Schedule

Monday, July 8th-Friday September, 6th, 2019

MONDAY	Centre Closed August 5th & September 2nd, 2019			
Sandra S.	1A Yoga	Gym	9:45 AM	10:45 AM
Club	Knitters Club	GP Room	10:00 AM	12:00 PM
Games	Euchre	Conf Room	10:00 AM	12:00 PM
Diane B.	1B Pilates	Gym	11:00 AM	12:00 PM
Katrina N.	1C Fit and Fun	Gym	12:15 PM	1:15 PM
Katrina N.	1D Stretch & Strengthen Chair	Church Hall	1:25 PM	2:25 PM
Games	Ping Pong	Church Hall	1:30 PM	3:30 PM
TUESDAY				
Gabriela C.	2A Flex-N-Stretch	Gym	9:05 AM	9:55 AM
Karen F.	2B Continuing Line Dancing	Gym	10:00 AM	11:00 AM
Sylvia B.	2C Co-ed Fitness	Gym	11:05 AM	12:05 PM
Sandra S.	2D Yoga	Gym	12:10 PM	1:10 PM
Games	Bingo	GP Room	1:15 PM	2:30 PM
WEDNESDAY				
Club	Woodcarving	GP Room	8:45 AM	10:45 AM
Susan D.	3A Brain Fit	Church Hall	10:00 AM	11:00 AM
Games	Mah Jong	GP Room	11:00 AM	1:00 PM
Halyna I.	3B Cardio Boost	Gym	9:45 AM	10:45 AM
Julie T.	3C Osteo Keep Fit	Gym	11:00 AM	11:55 AM
Julie T.	3D Gentle Exercise	Church Hall	12:00 PM	12:55 PM
Games	Poker	GP Room	1:30 PM	3:30 PM
Games	Games, Gabs & Goodies	GP Room	1:30 PM	3:30 PM
THURSDAY				
Gabriela C.	4A Flex-N-Stretch	Gym	8:30 AM	9:30 AM
Games	Bridge	Conf Room	10:00 AM	12:00 PM
Diane B.	4B Pilates	Gym	9:30 AM	10:30 AM
Luba I.	4C Co-ed Fitness	Gym	10:45 AM	11:45 AM
Club	Ballroom Dancing Practice	Gym	1:00 PM	1:45 PM
Karen F.	4E Drum Fit	Gym	1:45 PM	3:00 PM
FRIDAY				
Games	Scrabble	GP Room	9:00 AM	11:00 AM
Sandra S.	5A Yoga with Sandra	Gym	9:00 AM	10:00 AM
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1. Bridge 10:00am-12:00pm  Syme Seedlings Meeting 1:00pm	2. Scrabble 9:00am-11:00am  High Tea Luncheon 12:00 pm - 2:00 pm	3.
4.	5. <b>Civic Holiday Building Closed</b>	6.  Bingo 1:15 -2:30pm	7. Woodcarving 8:45am-10:45am  Mah Jong 11:00am-1:00pm	8.  Massage  Bridge 10:00am-12:00pm	9. Scrabble 9:00am-11:00am  Grenadier Restaurant Meet there 12:00 pm	10. FERGUS SCOTTISH FESTIVAL & HIGH- LAND GAMES 8:45AM
11.	12. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	13. Book Club 1:00pm  Bingo 1:15pm-2:30pm	14. Woodcarving 8:45am-10:45am  Mah Jong 11:00am-1:00pm	15.  Bridge 10:00am-12:00pm	16. Scrabble 9:00am-11:00am  Garden Party 12:00 pm - 2:00 pm	17.
18.	19. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	20. Bingo 1:15pm-2:30pm  MAGNIFICANT MONTREAL	21. Woodcarving 8:45am-10:45am  Mah Jong 11:00am-1:00pm	22.  Bridge 10:00am-12:00pm	23. FOOT CLINIC Scrabble 9:00am-11:00am  Strategic Planning Brainstorming Session 12:00pm - 2:00pm	24. EXPLORE MEAFORD 8:00AM
25.	26. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	27.  Bingo 1:15pm-2:30pm	28. Woodcarving 8:45am-10:45am  Mah Jong 11:00am-1:00pm	29.  Massage  Bridge 10:00am-12:00pm	30. Scrabble 9:00am-11:00am  Wards Island Information Pending	31.

## Health News

From Major Medical Sources

Topics for this month include:

1. What you need to know about Acid Indigestion and what to do about it?
2. Diet and Alzheimer's
3. Preventing Osteoporosis through diet is about more than just calcium intake.

Copies of each article are available on the Health News board located in the GP Room.

New for the summer!!!

GAMES, GABS AND GOODIES!

Wednesdays from 1:30 - 3:30pm  
 Come and join fellow members for assorted games, board games, card games, socialization, fun and assorted yummy desserts and light snacks.

