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# June 2019

**Health News**  
 From Major Medical Sources

Topics for this month include:

1. Massage eases knee Osteoarthritis
2. Protein + resistance training = improved muscle strength and mass
3. Energy boosting foods

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

Syme Seedlings are back....

Do you like to garden?

Do you have a green thumb but live in a condo or apartment without a backyard?

We are looking for volunteers to help maintain our rooftop garden and pollinator habitat.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1.
2.	3. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	4.  Bingo 1:15 -2:30pm	5. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am  Mah Jong 11:00am-1:00pm	6.  Bridge 10:00am-12:00pm	7. Chartwell Scarlett Heights 12:00 pm - 2:00 pm  Scrabble 9:00am-11:00am	8.
9.	10. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	11. CASINO RAMA TRIP  Bingo 1:15pm-2:30pm	12. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	13.  MASSAGE  Bridge 10:00am-12:00pm	14. Father's Day Lunch 12:00 pm - 2:00 pm  Scrabble 9:00am-11:00am	15.
16.	17.	18.  BOOK CLUB 1:00pm  Bingo 1:15pm-2:30pm	19. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	20.  Bridge 10:00am-12:00pm	21. Pizza & a Movie 12:00 pm - 2:00 pm  Scrabble 9:00am-11:00am	22.
23.	24. Euchre 10:00am-12:00pm  Knitters Club 10:00 am-12:00 pm	25. MUSKOKA CASINO Trip  Bingo 1:15pm-2:30pm	26. MUSKOKA CASINO TRIP  Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am	27. MUSKOKA CASINO TRIP  MASSAGE  Bridge 10:00am-12:00pm	28. Fundraising BBQ 12:00 pm - 2:00 pm  Scrabble 9:00am-11:00am	29.
30.						

TRAVEL NEWS

**FERGUS SCOTTISH FESTIVAL AND HIGHLAND GAMES**

SATURDAY AUGUST 10TH, 2019  
 LEAVE JANE PARK PLAZA AT 9:00AM  
 RETURN JANE PARK PLAZA APPROX. 4:00PM  
 COST: \$60.00 MEMBERS \$67.00 NON MEMBERS  
 INCLUDES ENTRY TO THE GAMES & TRANSPORTATION  
 LUNCH ON YOUR OWN

**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+

**MUSKOKA CASINO, CRUSIE & SHOW WITH YEAR ROUND TRAVEL**

JUNE 25TH-JUNE 27TH, 2019  
 COST: \$499 TWIN \$669 SINGLE  
 PLEASE SIGN UP AT RECEPTION

**EXPLORE MEAFORD**

SATURDAY AUGUST 24TH, 2019  
 HISTORIC TOUR OF MEAFORD

Men's Club (TBA)  
 June details to follow

**MASSAGE & ACUPUNCTURE**

Acupuncture and massage can help with various pain  
 problems such as: poor circulation, fatigue and stress.  
**Thursdays June 13th & 27th, 2019**  
**\$25 for 30 min or \$50 for 1 hour**  
 Please see reception to book an appointment



**June 2019**

**Program News**

**Friday, June 7th, 2019**

Chartwell Scarlett Heights - Topic to be determined  
 12:00 pm - 2:00 pm  
 Cost \$6.00

**Friday, June 14th, 2019**

Father's Day Lunch  
 Come out with suit and tie to this special occasion to cel-  
 ebrate the fathers of Syme  
 with Special Entertainment  
 12:00 pm - 2:00 pm  
 Cost \$10.00/member, \$12.00/non-member

**Friday, June 21, 2019**

Pizza & a Movie  
 "A Star Is Born" (newer version)  
 12:00 pm - 2:00 pm  
 Cost \$6.00

**Friday, June 28th, 2019**

Fundraising BBQ  
 Come out and support the Centre for a BBQ  
 12:00 pm - 2:00 pm

**Summer Registration**

We are trying something new!  
 Registration for summer programs will begin on  
**Monday June 10th, 2019 in the office.**  
 We will not be holding a registration day.  
 Please help us make the process easier by signing up early.

**Spring Class Schedule**

**Monday April 8th-Friday June 28th, 2019**

Club	Tai Chi Open Practice (Mondays & Fridays)	Gym	8:30 AM	9:30 AM
Wendy B.	1A Watercolour Beginner	Church Hall	8:30 AM	9:55 AM
Wendy B.	1B Watercolour Advanced	Church Hall	10:00 AM	12:00 PM
Sandra S.	1C Yoga	Gym	9:45 AM	10:45 AM
Club	Knitters Club	GP Room	10:00 AM	12:00 PM
Club	Euchre	Conf Room	10:00 AM	12:00 PM
Diane B.	1D Pilates	Gym	11:00 AM	12:00 PM
Katrina N.	1E Fit and Fun	Gym	12:15 PM	1:15 PM
Katrina N.	1F Stretch & Strengthen Chair	Church Hall	1:25 PM	2:25 PM
<b>TUESDAY</b>				
Ilona R.	2A Decorative Art	GP Room	9:00 AM	11:00 AM
Gabriela C.	2B Flex-N-Stretch	Gym	9:05 AM	9:55 AM
Karen F.	2C Continuing Line Dancing	Gym	10:00 AM	11:00 AM
Sylvia B.	2D Co-ed Fitness	Gym	11:05 AM	12:05 PM
Sandra S.	2E Yoga	Gym	12:10 PM	1:10 PM
Games	Bingo	GP Room	1:15 AM	2:30 PM
<b>WEDNESDAY</b>				
Club	Woodcarving	GP Room	8:45 AM	10:45 AM
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM
Susan D.	3A Heart & Bones	Church Hall	9:30 AM	10:30 AM
Susan D.	3B Brain & Body Wisdom	Church Hall	10:50 AM	11:50 AM
Games	Mah Jong	GP Room	11:00 AM	1:00 PM
Halyna I.	3C Cardio Boost	Gym	9:45 AM	10:45 AM
Julie T.	3D Osteo Keep Fit	Gym	11:00 AM	11:55 AM
Julie T.	3E Gentle Exercise	Church Hall	12:00 PM	12:55 PM
Frank C.	3F Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM
Club	Tai Chi Fan	Gym	1:00 PM	2:00 PM
<b>THURSDAY</b>				
Gabriela C.	4A Flex N Stretch	Gym	8:30 AM	9:30 AM
Club	Choir	Church Hall	9:15 AM	10:45 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
Karen R.	4D Latin Moves	Gym	12:00 PM	1:00 PM
Club	Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM
Karen F.	4E Drum Fit	Gym	2:15 PM	3:15 PM
<b>FRIDAY</b>				
No Classes Friday April 19th				
Club	Tai Chi Open Practice	Church Hall	8:30 AM	9:30 AM
Games	Scrabble	Conf 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