

(Gym) → 8:30 am - 9:30 am
 Church) → 9:00 am—10:00 am
 d (Church) → 10:00 am—12:00 noon
 Conf. Room) → 9:30 am - 12 noon
 n) → 9:45 am-10:45 am
 → 10:00 am-12:00 noon
 am-12 noon
 → 11:00 am-12 noon
) → 12:15 pm-1:15 pm
 1:00 pm-3:00pm
 on (Gym) → 1:20 pm - 2:20 pm

Room) → 9:00 am - 11:00 am
 (Gym) → 9:00 am - 10:00 am
 g (Gym) → 10:00 am - 11:00 am
 → 11:15 am-12:15 pm
 n) → 12:30 pm-1:30 pm
 :00 pm- 3:00 pm
 n) → 1:35 pm-2:35 pm
 2:40 pm - 3:40 pm

ather Carving (Church) → 8:45 am -
 nce Room) → 9:30 am -11:00 am
 Levels (Outside Conf. Rm.) → 9:30 am-

9:45 am-10:45 am
 h) → 11:00 am-11:55 am
 f. Room) → 11:15 am-12:15 pm
 → 11:00 am -11:55 am
 Gym) → 12:05 pm-1:00 pm
 → 12:00 noon-12:55 pm
 → 1:00 pm-1:55 pm

n - 10:45 am
 Thurs/month → 9:30 am - 10:30 am
 Lessons (Conf. Room) → 10 :00 am-12 pm
 10:30 am-11:30 am
 → 11 :00 am-12 noon
 → 10:45am-11:45 am
 n) → 11:45 am-12:45 pm
 n) → 11:50 am-12:50 pm
 1:00 pm-3:00 pm
 → 1:00 pm-2:00 pm
 n, Open Practice) → 2:00 pm-3:00 pm

alendar to the right for Friday schedule



January 2012

33 Pritchard
 Toronto, Ont.
 416-766-1111
 E-mail: syme55+@sydney.ca
 www.syme55.ca

SUN	MON	TUE	WED	THU	FRI
1	2	3	4	5	6
<p>Happy New Year!</p>	<p>Centre Closed</p>				<p>Shepherd's pie and bingo</p>
8	9	10	11	12	13
		<p>FUNDSCRIP 10:30am - 1pm</p>			<p>Chiropractor Dr. B. McKay about posture and bones</p> <p>Foot Clinic</p>
15	16	17	18	19	20
<p>Foxy Blues Outing to Green Mango Restaurant</p>					<p>Adi Baker/ Canning and preserving workshop</p>
FRIDAY		24	25	26	27
<p>T'ai Chi Open Practice (Church) → 8:30am -9:30 am Scrabble (G.P. Room) → 9:00 am-11:00 am Line Dancing (Beginner, Gym) → 9:00 am-10:00 am Line Dancing (Continuing, Gym) → 10:05 am -11:05am Osteo Fit (Gym) → 11:15 am-12:15 pm Line Dancing (Latin, Gym) → 1:15 pm-2:00 pm Congregate Dining (G.P. Room) → 12:00 noon-2:00 pm Zumba (Gym) → 2:00 pm-2:45 pm</p>				<p>Men's Club</p>	<p>Special Events \$10.00</p>
		31	<p>Monday to Thursday Lunch 11:30 am - 1 pm Friday Lunch 12 pm - 1 pm</p>		

CLINICS & SERVICES

to reserve your time

45 a.m. – 12 noon \$10.00

Massage

Thursday starting from
ents are for a half hour or an
ks until 3:30pm.
e Yue, Graduate, Ontario
ture and Chinese Medicine
sions: \$17.00
sions: \$35.00
at \$19, and \$37



\$75.00



reception



A nice gift for the
New Year!
Please see Nancy
in the office for
more details.

e Seedlings are selling
egar from freshly grown
is a variety of flavours
@ \$7.00 a bottle.



by New Year

Syme 55+ JANUARY 2012 CENTRE

WELCOME BACK! WELCOME BACK!
*From the Board of
Directors and all the Staff*



Foxy Blue Ladies:
Our first outing of the
New Year: Sunday
January 15, 2012.

**Time: 12:00 noon. We
will meet for lunch at the Green
Mango Thai restaurant just east
of Runnymede on the north
side, 2180 Bloor St. W. The
menu will be placed in the office
folder for your perusal.**

Wear something blue.

**After lunch a stroll along Bloor
St. is always an interesting
thing to do, or walk east to High
Park for a walk in the park.
(weather permitting)**

**Please sign up in the office with
your name and phone number.**



Two women were bringing a
bull back to the zoo when their
car broke down. They asked a
man nearby to use his phone,
he said "1 word = \$1", but the
ladies only had \$1. What was
the word they said to get the
zoo to collect the bull?

Answer to last Riddle :
Nothing. Nothing is greater
than God, nothing is more evil
than the devil, the poor have
nothing, the rich need nothing
and if you eat nothing you'll
die.

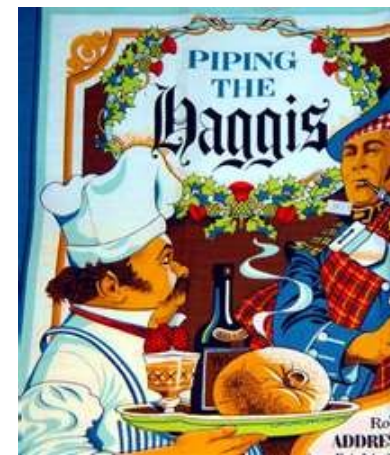
Dec. winner: Bibi Mohamed

OUR 50/50 WINNER:

Jerome Moe

NEXT DRAW: Friday Jan. 13, 2012

Friday Jan. 27th Spec
Committee is invitin
the Robbie Burns L



Lunch is \$10.00/ non
\$12.00. Late ticket p
\$15.00. Traditional lu
pies, turnip, potatoes
Don't forget the Ha
Royal Scottish & C
Dance Society perf



Calling all Syme 55+
Members!!! Yes this m
Now is the time to come
part of your Membership
Contact Joy, in the office,
our first meeting of the