

TRAVEL NEWS

CASINO WOODBINE

TUESDAY MARCH 19TH, 2019

LEAVE JANE PARK PLAZA @ 12:00PM

RETURN JANE PARK PLAZA @ 4:00PM APPROX.

COST:\$10.00

PLEASE REMEMBER TO BRING GOVERNMENT ISSUED ID TO RECEIVE \$10.00
IN SLOT PLAY

CAPITOL THEATRE PORT HOPE

SUNDAY APRIL 14TH, 2019

DEPART JANE PARK PLAZA @ 9:00AM

RETURN JANE PARK PLAZA @ 6:00PM APPROX.

COST: \$55.00 MEMBERS/\$62.00 NON MEMBERS

PRICE INCLUDES COST OF SHOW AND TRANSPORTATION ONLY

LUNCH ON YOUR OWN

EASTERN TOWNSHIPS QUEBEC WITH YEAR ROUND TRAVEL

MAY 26TH-MAY 29TH, 2019

COST: \$839.00 TWIN/\$979.00 SINGLE

PLEASE SIGN UP AT RECEPTION

Health News

Power of Plant Based Proteins
An Orange A Day To Keep The AMD
(Age Related Macular Degeneration) Away

Fatigue in Seniors

MASSAGE & ACUPUNCTURE

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

Thursday February 7th & 14th, 2019

\$25 for 30 min or \$50 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

NO FOOT CLINIC THIS MONTH



February 2019

Program News

Friday February 1st, 2019

Concerned About Your Hearing?

Join us for a presentation by Connect Hearing

Lunch @ 12:00pm

Cost: Members \$6.00 Non Members \$8.00

Presentation @ 1:00pm

Individual hearing testing to be scheduled following the presentation.

Friday February 8th, 2019

Celebrate Chinese New Year @ The Mandarin

1255 The Queensway

12:00pm-2:00pm

Cost: \$23.00 Includes buffet, coffee/tea/tax/tip

Please sign up at reception.

Friday February 15th, 2019

Women of the Civil War with Ray Strong

Lunch @ 12:00pm

Cost: Members \$6.00 Non Members \$8.00

Presentation @ 1:00pm

Friday February 22nd, 2019

Black History Celebration

12:00pm-2:00pm

Cost: Members \$10.00 Non Members \$12.00

IMPORTANT REMINDER

In order to ensure that all members and guests have the opportunity to enjoy our Friday Lunch Program, please remember to purchase your ticket at least one week in advance.

Tickets are available on a first come, first pay basis.

Winter Class Schedule

Monday January 7th-Friday March 29th, 2019

MONDAY	Centre Closed Monday February 18th, 2019 Family Day			
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
TUESDAY				
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	12:15 PM	1:15 PM
Games	Bingo	GP Room	1:00 PM	2:30 PM
WEDNESDAY				
Club	Woodcarving	GP Room	8:45 AM	10:45 AM
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM
Games	Mah Jong	GP Room	11:00 AM	1:00 PM
Halyna I.	3A Cardio Boost	Gym	9:45 AM	10:45 AM
Julie T.	3B Osteo Keep Fit	Church Hall	11:00 AM	11:55 AM
Julie T.	3C Gentle Exercise	Church Hall	12:00 PM	12:55 PM
Frank C.	3D Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM
Club	Tai Chi Fan	Gym	1:00 PM	2:00 PM
THURSDAY				
Gabriela C.	4A Flex N Stretch	Gym	8:30 AM	9:30 AM
Club	Choir	Church Hall	9:15 AM	10:45 AM
Club	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 Salsa Cardio Fitness (All Levels)	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
FRIDAY				
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.	5AYoga with Sandra	Gym	9:00 AM	10:00 AM
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM

Men's Club

Thursday February 28th, 2019

Lunch @ 12:00pm Please Buy Your Ticket in Advance
The Berlin Experience with Gib Goodfellow @ 1:00pm

Happy 35th Anniversary Syme 55+
 Seniors
 Centre

Come in from the cold....

All games are **free** for the Winter
 session.



Upcoming Events

Spring Registration Day
 Thursday March 14th, 2019

St. Patrick's Day Lunch
 March 15th, 2019

Easter Lunch
 April 12th, 2019

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. Connect Hearing 1:00pm-2:00pm Scrabble 9:00am-11:00am	2.
3.	4. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	5. Bingo 1:00pm-2:30pm	6. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	7. MASSAGE Bridge 10:00am-12:00pm	8. Chinese New Year @ The Mandarin 12:00pm-2:00pm Scrabble 9:00am-11:00am	9.
10.	11. Euchre 10:00am-12:00pm Knitters Club 10:00 am-12:00 pm	12. BOOK CLUB 1:00PM Bingo 1:00pm-2:30pm	13. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	14. MASSAGE Bridge 10:00am-12:00pm	15. Women of the Civil War with Ray Strong 1:00pm-2:00pm Scrabble 9:00am-11:00am	16.
17.	18. CENTRE CLOSED FAMILY DAY NO PROGRAMS NO LUNCH	19. Bingo 1:00pm-2:30pm	20. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	21. Bridge 10:00am-12:00pm	22. Black History Celebration 12:00pm-2:00pm Scrabble 9:00am-11:00am	23.
24.	25. Euchre 10:00am-12:00pm Knitters Club	26. Bingo 1:00pm-2:30pm	27. Timely Topics 9:30am-11:00am Woodcarving 8:45am-10:45am Mah Jong 11:00am-1:00pm	28. Men's Club 1:00pm @ Syme Bridge 10:00am-12:00pm		