



S.I.M GYM

November/December 2016



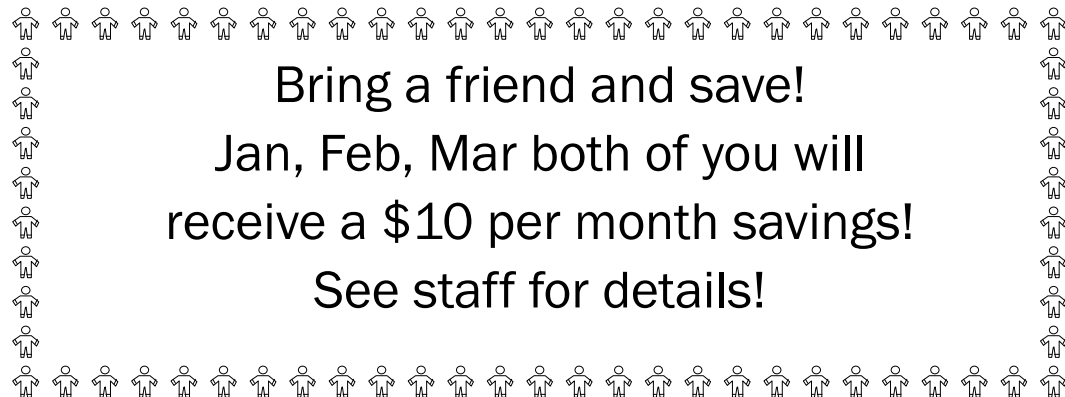
November 11th, 2016

Dundas Valley City Branch 36
 Remembrance Day Parade falls in at
 10:15 am at
 MemorialSquare/ Dundas Firehall
 Parade at 10:30 am, Service at 10:45
 am, Program to follow:
 March to Branch, Reception 12:00pm,
 Presentations 12:30pm

**S.I.M GYM
 Closures
 Dec 26,27
 closing at
 2:30pm on
 Dec 30th,
 closed
 Jan 2nd
 reopen
 Jan 3rd**

**Cold and Flu Season
 Make sure you cough and
 sneeze into your elbow, wash
 your hands often and if you
 feel unwell stay home.**

Bring a friend and save!
 Jan, Feb, Mar both of you will
 receive a \$10 per month savings!
 See staff for details!



Thank you for making our year an amazing one!

Love from Lori, Lisa, and Leticia



The Holiday Season

Taking care of **you** during the holiday season. Make sure you get enough rest, drink some water, eat well and exercise. Don't let the stress and pressure of the holidays get you down. Do what you can and say no to things that don't serve you.

A great way to feel good during the holidays is to give back. If you can and/or want to help out here are a few things happening in the Villa to keep in mind.

November 15- December 20th - food drive in the gym

November 18 - Adult Day Program bake sale! Great treats in the lobby from 9-12 to support the

United Way.

November 18-19 - Bazaar in the Tuck Shop. This bazaar runs from 9:30-4:30 and there will be a great array of treats and trinkets to buy! If you have anything you want to donate to this please let Polly know!

Anytime - Volunteer at the Villa! If you volunteer only 4 hours per month you save \$10 off your

S.I.M GYM membership!

See staff for more information.