



May/June 2016



Hot Summer Deal

Pre pay for June, July and August for only \$90!
Gardening will make your lawn look fabulous
but keeping up with your workout will make
you **feel** fabulous!

Do both this summer with this great deal!

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**The S.I.M GYM will be closed on
Monday May 23rd, 2016**

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Victoria Day Fun Fact

While the holiday moves around a lot (falling this year on May 23rd),
the original rules stated it be celebrated annually on May 24th,
regardless of what day that was, unless it was a Sunday – and then the
observance would be moved to the 25th.

That changed with an amendment to the Statutes of Canada in 1952,
when the government declared Victoria Day would come on the
Monday preceding the 25th of May, and it's been there ever since.

Thank you for all your support of the S.I.M



GYM! We are very thankful

to have such an amazing

group of people to work with everyday!



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Did you know that strawberries are technically not really berries? Their seeds are on the outside of the fruit, so they are actually in the flower family and are related to roses. Strawberries are loaded with vitamin C and manganese and are good sources of dietary fiber, iodine, potassium, folate, riboflavin, vitamin B5, omega-3 fatty acids, vitamin B6, vitamin K, magnesium, and copper.



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Volunteer and save! Did you know if you volunteer at St. Joseph's Villa your membership is only \$30 a month? Ask us how to get started!

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Do you have any questions, comments or concerns about the S.I.M GYM?

Contact our boss Tamara Johnson at 905-627-3541 ext 2291 or email tjohnson@sjv.on.ca