



# S.I.M GYM

## July/August 2012

### Grand Re-Opening!

A special thanks to everyone who came on June 21st to celebrate with us! Thanks to all of you who have supported the gym by writing letters of support, voting for the gym during the Aviva campaign, telling your friends and family what a great place the S.I.M Gym is and how it has changed your life! The S.I.M Gym is dedicated to our participants who make our jobs fun, interesting and exciting everyday!

A very special thanks to Meghan whose silhouettes are absolutely beautiful, to Joe for making the room look amazing, the maintenance and housekeeping staff who helped us to get everything done!

Thank you!

Brenda, Lori, Lisa and Leticia

### **New equipment** **New room!**

The new equipment and new room will really help us to better serve you!

The room is spacious and air conditioned!

Some of the equipment is new to us and some it just the newest model!

If you have any questions about the new equipment please ask away!



c/o St. Joseph's Villa  
56 Governors Road  
Dundas, Ontario  
L9H 5G7

Phone:  
905-627-3541  
ext.2109

Email:  
s.i.m.gym@sjv.on.ca  
Website  
seniorsinmotion.net

***Please watch the  
bulletin board for new  
class times  
and the  
addition of  
the spin bike  
class!***



## **Win a S.I.M Gym t-shirt**

Summer Olympics

July 27th – August 12th

Every time you come in  
get a sticker on your

Olympic logo to get a S.I.M GYM  
T-shirt!

You need 7 stickers to get a shirt!



*Join in the fun!*