



Santa Ynez Recreational Center

# Newsletter

#91 June 2021

## SYRC Online Board Meeting

**Thursday, May 27, 6:00pm**

SYRC Board meetings are conducted via videoconference (using the **Zoom Videoconferencing** app). Members may join using the **link** below or posted on the **BOARD MEETINGS** page of the SYRC website (meeting agenda will also be posted).

All members are welcome to attend.  
For updates go to <http://syrcpalisades.org/board-meetings/>.



**Board of Directors**  
- online meeting -

## SYRC Water Exercise Class

**Mondays from 11am – 12 noon**

Water Exercise Classes Are Back (as of May 17)!

- A fantastic low-impact workout for men & women in the SYRC pool
- Stretches, strengthens, and tones muscles with low impact on joints
- Improves balance, posture, circulation, and energy
- Increases flexibility and builds endurance
- Relieves stress!



Come and join the group at our SYRC pool with a certified aquatic exercise instructor.

**IF YOU PLAN TO ATTEND**, please contact **Susan Kanowith-Klein** at [skklein@ucla.edu](mailto:skklein@ucla.edu) for availability and pricing.

## SYRC Book Club

**Thursday, June 20, 7:00pm**

## The Four Winds

by Hannah Kristan

Location: 1338 Avenida De Cortez (home of Barbara Rosenblum)

Tue Jul 13 2pm West With Giraffes by Lynda Rutledge

Tue Aug 10 2pm The Orphan Keeper by Cameron Wright



## Sunset Sound-Bath Meditation

### Saturdays at Sunset

Classes are \$25.00 per person. We will be following all social distancing rules and requirements. Maximum 8 persons per class. No guests are permitted from outside SYRC. Please contact Beverly at (310) 562-8362, or email [Beverlyyinyoga@gmail.com](mailto:Beverlyyinyoga@gmail.com)



## Yin Yoga Classes & Sunrise Breathwork / Meditation Classes

### Days & Times TBD

Please contact Beverly Louks at (310) 562-8362 or [Beverlyyinyoga@gmail.com](mailto:Beverlyyinyoga@gmail.com).



For **updates**, call the Rec Center at 310-459-4083 or visit the SYRC website at <http://syrccpalisades.org/notices/>.

[www.syrccpalisades.org](http://www.syrccpalisades.org), [syrccdir@gmail.com](mailto:syrccdir@gmail.com), 310-459-4083

