



Santa Ynez Recreational Center

# Newsletter

#93 August 2021

## SYRC Online Board Meeting

Thursday, July 22, 6:00pm

**THIS BOARD MEETING WILL BE HELD IN PERSON AT THE SYRC CLUBHOUSE**

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



## SYRC Labor Day Party

Monday, September 6th

**SAVE THE DATE!** More info will be provided in next month's Newsletter, but we'll be featuring:

- In & Out Burger Truck
- Moon Bounce
- Waterslide
- Pool games

and More!



## SYRC Water Exercise Class

Mondays from 11:30am – 12:30pm

Come and join the group at our SYRC pool for Water Exercise Classes with a certified aquatic exercise instructor. (note time change)

**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

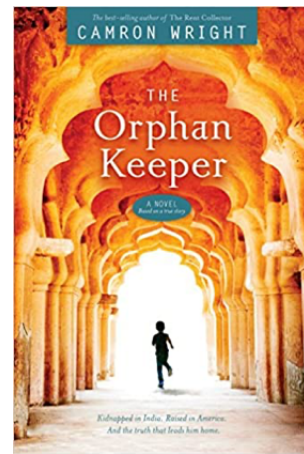
Friday, August 6, 2:00pm  
(Now on 1st Friday of every month)

# The Orphan Keeper

by Cameron Wright

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

Sep 3 My Dear Hamilton by Stephanie Dray



## Meditation & Yoga Classes

Join SYRC member Beverly Louks for **Yin Yoga**, Sunrise and Sunset **meditation** & breathwork classes.

For more information, please contact Beverly at (310) 562-8362, or email [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



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