



Newsletter

#92 July 2021

SYRC Online Board Meeting

Thursday, June 24, 6:00pm

POST-ELECTION BOARD MEETING

Make sure to vote for the SYRC board directors-please mail in your ballots! (election is on June 19 at noon). Visit <https://syrcpalisades.org/board-meetings/> for more information.

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 for availability and pricing.



SYRC Book Club

Tuesday, July 13, 7:00pm

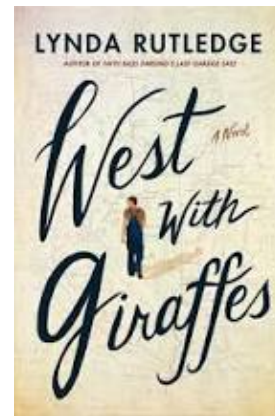
West With Giraffes

by Lynda Rutledge

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

Tue Aug 10 2pm The Orphan Keeper by Cameron Wright

Sep 14 My Dear Hamilton by Stephanie Dray



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



Yin Yoga Classes & Sunrise Breathwork / Meditation Classes

Days & Times TBD

Please contact **Beverly Louks** at (310) 562-8362 or Beverlyyinyoga@gmail.com.



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

www.syrcpalisades.org, syrkdir@gmail.com, 310-459-4083

