



Newsletter

#94 September 2021

SYRC Labor Day Party

Monday, September 6th

12:00pm-3:00pm

We'll be featuring:

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

and more!

Cost will be **\$10 per person** for In & Out Burger (only cash will be accepted).

Frozen yogurt will be a separate cost.



Pickleball is Here!

Tennis court #3 has been striped to play pickleball and SYRC can provide one net for players to use. Please note - SYRC does not provide paddles or balls.

Please call SYRC staff at 310-459-4083 to make a reservation on Court 3 and request the pickleball net to be set up for your reservation.



Pickleball Intro Clinic

Sat Aug 21, 9-10am, 10-11am

Are you ready to learn pickleball and have never played before?

On Saturday August 21st from 9-10am and 10-11am (2 sessions), SYRC will be hosting an event teaching new players the game of pickleball.



Ho Nguyen, the Santa Monica Pickleball Ambassador, will be instructing and teaching the game.

Please note this event is for **BEGINNERS** only. Paddles and balls will be provided only for the day.

Please contact SYRC Director **Willie Midgley** at **(310) 459-4083** to sign up to learn the game of pickleball! Spots are limited.

SYRC Board Meeting

Thursday, August 26, 6:00pm

The location/format of this board meeting (including Zoom login info if it is online) will be posted on the SYRC website **HERE** and at the Rec Center by August 22.



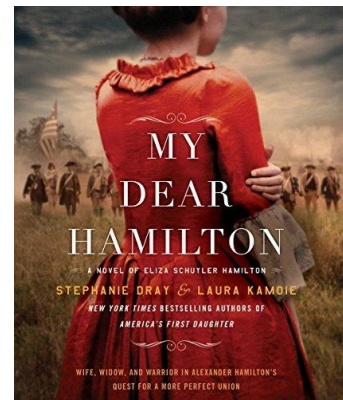
All members are welcome to attend.
For updates go to <http://syrcpalisades.org/board-meetings/>.

SYRC Book Club

Friday, September 3, 2:00pm

My Dear Hamilton
by Stephanie Dray

Location: 1338 Avenida De Cortez (home of Barbara Rosenblum)
Oct 1: When the Apricots Bloom
Nov 5: The Paris Library.



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 for availability and pricing.



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



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

www.syrccpalisades.org, syrccdir@gmail.com, 310-459-4083



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