



Santa Ynez Recreational Center

Newsletter

#116 July 2023

Yoga Class Update!

Starting Monday, June 12th

**Mondays 7pm-8pm
&
Thursdays 9am-10am
SYRC Clubhouse**



- Please bring yoga mat, 2 towels and props if you need them.
- Sign up is required - please call Beverly at (310)-562-8362
- No fee is required, donations are welcomed and appreciated!

**From Beverly (yoga instructor):*

"Come by the Rec Center to strengthen our bodies, minds and spirits. Let's get to know each other, move our bodies (yin or yang yoga), practice deeper breathing, relaxing and strengthening our nervous systems.

Yoga is my passion; it has changed my life and how I look and live in this world."

SYRC Board Meeting

Thursday, June 22nd, 6:00pm

This board meeting will be hybrid - taking place both in person at the SYRC Clubhouse *and* virtually via Zoom. Any changes will be able to be seen **HERE** at least 4 days prior.

All members are welcome to attend. For updates, agenda

and meeting location go to <http://syrccpalisades.org/board-meetings/>.



SYRC Book Club

"Hello Beautiful"

by Anna Napolitano
Friday, July 7th, 2:00pm

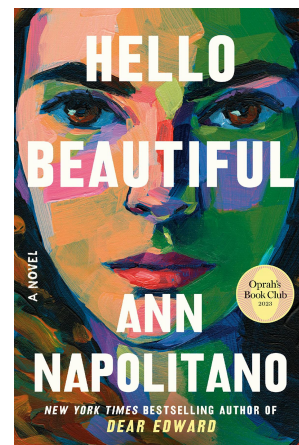
Location: 1338 Avenida De Cortez (home of Barbara Rosenblum)

Book Club meets on the first Friday of each month.

August 4 - "Dictionary of Lost Words" by Pip Williams

September 1 - "Still Life" by Sarah Winman

October 6 - "Killers of a Certain Age" by Deanna Raybourn



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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