



Welcome to the New Year!

We wish everyone a year of staying active, being fit and living well!

Happy New Year from YWALC!

All programs begin January 2, 2017



The program that everyone is talking about!

Seated Drum Fitness



Wednesday's

January 4 - February 7, 2017

Time: 12:30 pm to 1:30 pm

Location: Centre 1

Cost: \$18.00 (6 weeks)

Drum Fitness is different from every other workout you've tried before. This class utilizes movement and rhythm with sticks and resistance balls. Not only is this class fun but it delivers real cardio and toning at the same time.

Register at the front desk

CNIB TTC Bus Passes

Wednesday January 4, 2017

from 9:30 am - 1:30 pm

While you are picking up your CNIB TTC bus pass why don't you ask for a tour of the centre and learn about the wide variety of programs and services YWALC offers including support groups for those with vision loss.



Spring Program Registration

Beginning Wednesday March 1, 2017 information about the spring session will be available at reception and our website on this date.

Spring programs will begin on Monday April 3, 2017

Ask us to add you to our email list

to receive ongoing information about happenings at YWALC

For information

call us at 416.245.4395

- For general information and Social Transportation call Danna at ext. 223
- For Volunteer and Italian Program information call Allegra at ext. 233
- For our Social Media and Communication Assistant call Alonso at ext. 234
- For our Manager, Direct Services and Centro Esperanza information call Rita at ext. 222
- Contact our Executive Director Suzanne at ext. 224

or



at

York West Active Living Centre
and



or

Email us at

info@ywalc.ca

Find us online at

www.ywalc.ca

Office Hours of Operation

Monday to Friday 8:30 am - 4:30 pm

Saturday 9:00 am - 3:00 pm

1901 Weston Road

Weston, Ontario M9N 3P5



Centre Closures

Family Day - February 20, 2017



Donations needed for the Knitting & Sewing Groups

Our Knitting and Sewing groups were so busy last year that they used up all their yarn. The extra warm woollies leftover from the craft sale went to Weston Area Emergency Support at 1844 Weston Rd. to be added to their Christmas Hampers. Well done Crafters and thanks to all those who adorned the mitten tree with warm outerwear. Anyone who would like to donate yarn can bring it to Rita in the office.



Did you know...

January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one.



The most popular theory about **Valentine's Day** origin is that Emperor Claudius II did not want Roman men to marry during wartime. Bishop Valentine went against his wishes and performed secret weddings. For this, Valentine was jailed and executed. While in jail he wrote a note to the jailor's daughter signing it "from your Valentine".

Out with the Old System, in with the New System

A new, automated check-in system called MySeniorCenter will soon be installed at the front desk of the Centre. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to our funders.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 800 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

- All visitors and volunteers will receive a small keytag, which will replace the current membership cards (The keytag contains no personal information, but it will allow the new system to recognize you.)
- Instead of signing into the old system, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see right).
- Press the touchscreen to select the programs you'll be participating in that day.
- Press **Finish**.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, YWALC staff members and volunteers will be available for the first few weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be much more efficient.

MySeniorCenter will be installed on March 1, 2017.

New Year, New You

Self Care Tips for a Better You

This new year, resolve to get clear on your core desired feelings - how you want to feel each day - and watch the magic happen! Try this simple exercise on your own or with a trusted friend/family member:

STEP 1: Gratitude List – Explore what you're grateful for in your life. The longer the list the better! Think of all your life areas: friends/family/relationships, body and wellness, interests and hobbies, career and life-style.

STEP 2: Identify the Gaps – Keep this section brief. Consider "What's not working" in one or two areas of your life that you want to transform this year.

STEP 3: Explore your Core Desired Feelings – Write 5-10 words for each life area that describe how you want to feel (e.g., connected, authentic, energized, free, grounded). Ask yourself what words make you feel uplifted or expanded. Circle them. Notice similar/repeating words throughout your answers and narrow your list to 3-5 core desired feelings. Post these in a visible location and then take a break for a few days to let these words resonate with you.

STEP 4: Goals with Soul – Keeping your core desired feelings close by. Look at your life areas (e.g., body and wellness, relationships) and ask yourself "what do I want to do, experience or have that would bring me closest to how I want to feel?" Identify 2-3 things you can work on to get closer to the way you actually want to feel.

source: <http://www.daniellelaporte.com/wp-content/uploads/2012/04/core-desired.pdf>



Colorectal cancer is 90% curable when caught early!

Are you a male or female between 50 – 74? Talk to your family doctor about the colon cancer screening options best for you. Eligible men and women can complete a simple take-home test. If you're at higher risk due to family history or symptoms, speak to your doctor.

What else can you do?

Get active! Physical activity is any movement that your muscles make that uses energy. This is as simple as a 20 minute walk with a friend, or taking the stairs instead of the elevator. YWALC has many classes available to get your body moving, speak to Danna or Rita for more details.

Brought to you by:



LOVELY LENTIL SOUP (SERVES 4)



- 2 tablespoons extra-virgin olive oil
- 1 sweet potato, peeled and diced
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1-inch piece fresh ginger root, peeled and minced
- 1 tablespoon curry powder
- 1 teaspoon cinnamon
- 1 teaspoon sea salt
- 1 cup dry red lentils
- 4 cups vegetable stock
- 2 tablespoons tomato paste

Heat the olive oil in a large saucepan over medium heat. Add the sweet potato, onion, garlic and ginger and cook until vegetables are softened. Stir in the curry powder, cinnamon and sea salt and cook for a few more minutes. Add the lentils, vegetable stock and tomato paste and mix well. Bring to a gentle boil, reduce heat and then simmer covered for 30 minutes or until lentils are cooked. Remove from the heat and serve.

Nutrition Information (per serving):

Calories 325 | Carbohydrates 44.5 g | Protein 16 g | Fat 9 g | Fibre 7.5 g

Posted March 20, 2014, www.drnatashaturner.com

Chinese Year of the Rooster

The **Year of the Rooster** will be a powerful one, with no middle of the road when it comes to moving forward. This year, impressions count. You'll want to look your best and be clear on your intentions concerning love, money, and business. Stick to practical and well-proven paths to ensure success, rather than risky ventures.

Remember: In a **Rooster Year**, all of the Chinese animals can reap great rewards by tapping into Rooster traits.

Loyalty, commitment, hard work, family values, and top-notch appearances are just some of the characteristics that will be rewarded this year.

The year of the Rooster teaches the lessons of order, scrutiny and strategic planning. Some sage advice would be to "achieve psychological advantage over the adversary and use force only as a last resort." I think we can all take heart of that advice in 2017, the year when diplomacy wins!

The year of the Rooster 2017 heralds happiness, color and drama, but this has to be balanced with good old fashioned common sense and tried and tested values. Otherwise it could end up becoming a wild goose chase. Conflicts may come up but will dissipate if we put ourselves in each others shoes.

The Rooster is proud of his appearance. In the **Year of the Rooster 2017** invest in some really nice wardrobe items to make the best impression and be very well groomed in public. Medical advances are likely, old drugs and medicines will be rejected in favor of improved alternatives. Herbs, vitamins and yoga practices, consumption of health foods as well as the rejection of smoking and alcohol abuse continues to be a preference for more and more people.

They say that Canada, born during the Year of the Rabbit, is heading into a difficult time as the economy tightens and funds dwindle. This is truly a time to join forces with others to ease the stress.



Chinese Astrology Fun Facts

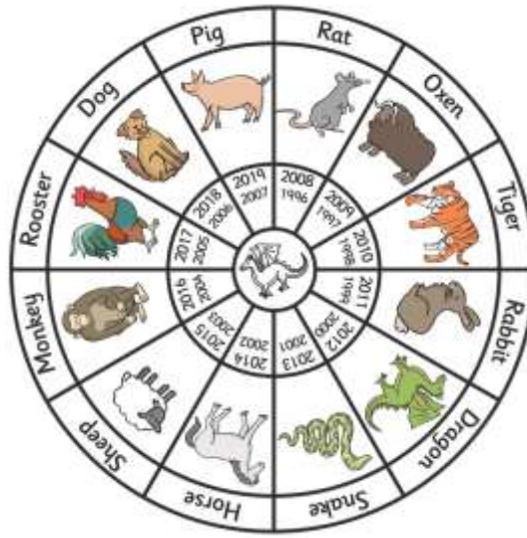
- A Chinese Zodiac Year Does Not Start on January 1st.
- Most people believe that a Chinese zodiac year starts on **Chinese New Year's Day**, falling between late January and late February, the first day of the Chinese lunar calendar. Therefore, people born in January or February should take special care to get their sign right.
- Each sign has an unlucky year. As the Chinese zodiac recurs every 12 years, each zodiac sign will meet their birth sign year at age 12, 24, 36, etc. It's said people who are in their birth sign year will have bad luck. For example, people who were born in a Monkey year should be more careful in all aspects, including their career, fortune, health, and love in Monkey years, such as 2016, 2028, 2040, and 2052.
- According to ancient Chinese superstition, the best way to avoid bad luck is by wearing red items, such as red underwear, red socks, and red hairbands/wristbands.

The Chinese Zodiac

The Chinese zodiac is part of traditional Chinese culture. It has been used to measure years and, has influenced people's lives since ancient times. Each Zodiac Sign Has Fated Personality Traits.

The Chinese Zodiac is Represented by 12 Animals.

The year a person is born in determines their zodiac sign, and this is believed to affect their personal characteristics. Since ancient times, people developed horoscopes based around zodiac sign traits to predict destinies.



The Chinese zodiac signs form a recurring 12-year cycle and each year is represented by one of 12 animals. In order, they are: Rat (e.g. 2008), Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey (e.g. 2016), Rooster, Dog, and Pig.

See the chart below for the personality traits of each of the zodiac animals:

Zodiac Animal	Birth Years	Characteristics
Rat	1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996	Quick-witted, resourceful, and versatile
Ox	1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997	Decisive, honest, dependable, and hardworking
Tiger	1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998	Brave, competitive, unpredictable, and self-confident
Rabbit	1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999	Gentle, quiet, elegant, and alert; quick, skillful, kind, and patient
Dragon	1916, 1928, 1940, 1952, 1964, 1976, 1988, 2000	Confident, intelligent, ambitious, persevering, and hardworking
Snake	1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001	Intelligent, courageous, confident, insightful, and communicative
Horse	1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002	Animated, kind, straightforward, active, and energetic
Sheep	1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003	Gentle, shy, stable, sympathetic, and amicable
Monkey	1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004	Witty, intelligent, ambitious, and adventurous
Rooster	1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005	Observant, hardworking, resourceful, courageous, and talented
Dog	1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006	Loyal, honest, amiable, kind, cautious, and prudent
Pig	1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007	Diligent, compassionate, generous, easy-going, and gentle

Funds Raised

Thank you to the Volunteers who helped man the **Craft and White Elephant Tables** from November 21 to December 9, 2016 we raised over **\$1,400.00**; also a big thank you to all



those who donated items to sell.

Thank you to all those who donated to our **35th Anniversary**

which we celebrated in November 2016, over **\$4,300.00** was raised.

JANUARY



Congratulations...

To **Barb C.** who won our **facebook contest** and who's name was randomly drawn from all submissions. Barb's facebook comment was "My favourite thing about YWALC is, nice staff and lots to do for everyone". Thanks Barb and congratulations for winning 30% off of any one Winter Program!

Congratulations to the winners of the **Anniversary Raffle**. The winners of the beautiful handcrafted necklace sets were:

- 1st** Patti
- 2nd** Paro
- 3rd** Lillian



Changes in the New Year...

Centre Closing Saturdays Beginning February 2017.

Thank you to all those who have come out on Saturdays for the past two years. As we have been such a small group on Saturdays it is no longer feasible to keep our doors open.



But, we will open for the computer classes that run from February 25, 2017 to March 18, 2017 only. So go ahead and register for Saturday iPad/iPhone and Computer I & II for the Winter Session.

Mitzvah Technique Information Session

Tuesday January 24, 2017

Time: 1:45 pm to 2:30 pm

Location: Maggie Knap Room

Mitzvah is a good deed



Do yourself a good deed by:

- Improving your posture
- Releasing tension and stress
- Applying mitzvah technique at any time during your daily activities
- Improving your mobility and balance

Register at the front desk

Come join us for a Pancake lunch

Tuesday February 28 @ 11:30 am

Menu: 2 pancakes, 1 hash brown, 2 breakfast patties, coffee/tea

Cost: \$6.50



Register at the front desk

FEBRUARY



UP Express & Hockey Hall of Fame

Join Dave and explore the limited-time Toronto Maple Leafs Centennial Exhibit

Friday January 27, 2017

On now, the limited-time Toronto Maple Leafs Centennial Exhibit is an immersive tribute to 100 years of pride and passion.

The exhibit pays homage to those who have worn the blue and white as well as highlights some of the most iconic moments in franchise history. Artifacts on display include the stick used by Tim Horton during game seven of the 1964 Stanley Cup final plus many more unique treasures. This exhibit is truly must see for every Leafs fan.



YWALC cost pay at registration: \$5.00

Transportation by UP Express paid at the station:

Adults \$ 11.30 return
65+ \$ 5.70 return

Admission to Hockey Hall of Fame:

General \$18.00 Senior 65+ \$14.00

Departs from YWALC at 10:00 am

Departs from Hockey Hall of Fame at 3:00 pm



Lunch on your own



Things To See & Do

See bulletin boards & flyers for details
(The listed prices are for transportation only)
(A premium applies to non-members)

VAN TRIPS

AGO - Mystical Landscapes Exhibit

Wednesday January 18, 2017

Transportation: Members - \$13.00
Non-members - \$18.00

Lunch Out @ Mandarin Rexdale

Monday January 23, 2017

Transportation: Members - \$8.00
Non-members - \$13.00

Winterlicious @ Café Pleiade

Wednesday February 1, 2017

Transportation: Members - \$12.00
Non-members - \$17.00

Winterlicious @ Old Mill Toronto

Friday February 3, 2017

Transportation: Members - \$8.00
Non-members - \$13.00

Winterlicious @Safari Bar & Grill

Monday February 6, 2017

Transportation: Members - \$10.00
Non-members - \$15.00

and many, many more.....



For more information about any of these trips please check the Games Room



Casino Rama

Wednesday January 11, 2017
&
Wednesday February 8, 2017

Bus departs YWALC @ 9:00 am
Bus departs Casino @ 3:45 pm

Transportation: Members \$5.00 Non-members \$5.00

Receive \$15.00 slot voucher with players card or government issued photo ID at Casino

Register at the front desk

Thank You



Louise Claridge
Faye Page
Irene Verner
Margaret Rome
Marie Geeves
Robert Singe Radko

Denzil Barker
Sheila Cassie
Danna McBride
Lily Elliott
Vince Knap

Our Board of Directors

Joan Bonk-Mackenzie-President
Troy Bolton-Vice President
Joanne Bunton-Secretary
Wade Morris—Interim Treasurer
Simone Marion-Past President

Board Members at Large

Basma Anabtawi
Cathy-Ann Cope
Barbara Collas
Vera Nazareth
Barbara Shiells
Anne Peacock
Mike Vandenbogaerde

We would love to hear your opinion on our newspaper. Speak to Danna when you come to the centre or email your comments/suggestions to danna@ywalc.ca



Words of Wisdom...

Before you speak....

T H I N K !

T - is it true?
h - is it helpful?
i - is it inspiring?
n - is it necessary?
k - is it kind?

Parking...

Since the last newsletter was issued we have received notice that the work in the building and use of the parking lot by renovation workers will continue into February.



Please be patient March is around the corner.

As a non-profit, charitable organization, YWALC relies on the generous support of members like you. Your support helps YWALC sustain our programs and services.

- I want to make a onetime gift of \$10 \$35 \$50 \$100 Other \$_____
- I want to learn more about York West Active Living Centre

Full Name: _____ Telephone: _____

Full Address: _____

Address: _____

You have my permission to publish my name related to this donation Y N

Your donation is sincerely appreciated. Please detach and return this form to: 1901 Weston Road, Weston, Ontario M9N 3P5

Thank you for your support. Tax receipts will be issued for donations over \$20

