



Welcome to 2019

the year of staying active,
being fit and living well!

Happy New Year from YWALC!

Most programs begin January 2, 2019
(check the schedule for full details)



Beating the Winter Blues Workshop

Tuesday January 22, 2019



Time: 12:30 - 1:30 pm
in Games room

Cost: Free - register on table in front of Centre 1 & 2

Depression and Seasonal Affective Disorder

Presented by

Susan Wild, Social Worker

West Park Health Care Centre

Seniors Mental Health Service

Upcoming Workshops.....

February 5, 2019 - Managing Your Emotions

February 19, 2019 - Dealing with Conflict

March 5, 2019 - Coping Skills in Times of Change



Spring Program Registration & Membership

Annual membership renewal for most members
will start in March 2019

Spring Program registration starts Tuesday March 19, 2019

Spring programs will begin on Monday April 1, 2019

**Please remember your membership must be in good
standing in order to register for any YWALC Programs**

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

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

or



at

York West Active Living Centre

and



@ywalc

or

Email us at

info@ywalc.ca

Find us online at

www.ywalc.ca

Hours of Operation

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

Saturday 8:30 am - 12:30 pm

1901 Weston Road

Weston, Ontario M9N 3P5

Centre Closures

New Year's Day - January 1, 2019

Family Day - February 18, 2019



Happy New Year!

No Wet Messy Boots Please

It is going to be a wet and messy winter, please remember to bring proper workout footwear with you and leave your wet boots in the hallway while in the fitness rooms.



Come join us for a Pancake lunch

Tuesday March 5, 2019 @ 11:30 am

Menu

2 pancakes
1 hash brown
2 breakfast patties
coffee/tea



Cost: \$6.50

Register at the front desk starting February 1, 2019

Safe snow shoveling tips for the season

Yes, snow shoveling is a strenuous form of exercise and with any strenuous exercise you should consult your doctor before plunging in. Because, we get these great dumps of snow we sometimes forget our safety and plunge head long into the task at hand, waking up the next morning to pain and more snow of course. Here, as a seasonal reminder are the top five tips for safe and effective snow shoveling;

1. Don't overdress, you need to stay warm but you will sweat. Dress in loose fitting layers that you can peel off as you heat up. Stay hydrated, drink water.
2. Warm up first, walk or march on the spot for a few minutes, do a few flexing and stretching exercises so that the work doesn't come as a shock to the system.
3. Maintain proper posture, keep your back straight as you move from squat to upright position and use leg and shoulder muscles as much as possible. If you must throw snow do not twist at the waist or throw snow over your shoulder. Push the snow rather than lift it.
4. If the ground is icy or slippery, spread salt, sand or kitty litter to create better foot traction.
5. Whenever possible get a head start. It's easier to remove snow in thin layers than to wait until all the snow is down to have at it.



If you aren't able to shovel your own snow there are several programs around town to help.

Holiday Raffle Winners

What a great holiday raffle this year! We had 8 great prizes. Thank you to everyone who took a chance.

Some of the winners were; Graham, Kathleen, Eva, Susan, Paro and Cory
Congratulations winners, we can't wait to see next years prizes.



Celebrate Family Day
with your own unique family
Monday February 18, 2019

Check out what's new and what's changing at YWALC for Winter...

Hand Dance - now a regular program

Mondays & Thursdays starting Thursday January 3 from 10:15 am - 10:45 am and Mondays from 12:30 pm - 1:00 pm

Be amazed at what you can express with your hands. The flexibility and mobility of one's fingers give this "dance" style incredible variation and make each "dancer's" style unique. You will create beautiful and fluid expressions to music with small and large hand gestures.

Cost: Free



Mindful Monday Adult Colouring - Exciting new program

Mondays starting January 7 from 2:00 pm - 3:30 pm

Join us on Monday afternoons to lose yourself in quiet and colour. YWALC will supply the adult colouring pages and pencil crayons. You just bring yourself and enjoy!

Cost: Free

Latin Dance for Individuals - now a regular program

Wednesdays starting January 2 from 11:15 am - 12:15 pm

Revamped to engage the individual in what are commonly partnered dances. Come feel the rhythm, passion and energy of Latin Dancing. Learn to Cha Cha, Mambo, Salsa, Tango and Samba. Learn to move to the vibrant, motivating and energizing music. This lively class will fully engage your core and help build endurance.

Cost: \$12.00 (12 weeks)



Drum Fitness - To meet all of your drumming needs there are now 3 great classes to choose from!

Drum Fit - Standing - Beginners, Tuesdays starting January 8 from 1:00 pm - 2:00 pm

This program is meant for beginners to standing Drum Fit - you will learn the routines through repetition but be prepared for much more cardio, this is not Seated Drum Fit anymore.

Cost: \$11.00 (11 weeks)

Drum Fit - Seated, Wednesdays starting January 2 from 12:30 pm - 1:30 pm

This program 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. This program also fosters a healthy balance physically, mentally, emotionally and socially, all improving your well being.

Cost: \$12.00 (12 weeks)



Drum Fit - Standing - Advanced

Fridays starting January 4 from 11:45 am - 12:45 pm

You probably should have taken Standing - Beginners first! This program will not only challenge you physically with that great standing drum fit cardio, but, it will also challenge you mentally. Learn your routines quickly and you will get along great in this high intensity program.

Cost: \$ 12.00 (12 weeks)

More changes for Winter...

- **Advanced Line Dancing** - has moved to Mondays starting January 7 from 1:00 pm to 2:30 pm
- **Pilates** - Starts on January 9 and will be 11 weeks only
- **Chair Yoga & Yoga** - Starts on January 10 and continues until March 28 (no program March 14) and will be in the Games Room
- **Friday Zumba - High Intensity** - Enough said!
- **Watercolour Painting** - Robert Allen has retired and our new teacher Elaine Sugar will have us all using new techniques in no time!
- **Karaoke** - Not returning for Winter
- **Plant, Paint and Chat** - Not returning for Winter



Note: YWALC Membership is required for all of the above mentioned programs

The Vegetable of the Month is...Garlic

There is something irresistible about the aroma of roasted garlic. It is so captivating! It has long been used as a flavour booster in curries, stir-fries, pizza toppings, pastas, meat preparations, dips, the list is endless. It has the power to liven up any dish and said to treat some of the most common ailments. While garlic is a common ingredient in today's modern kitchen, in ancient times, it was highly valued for its medicinal properties, which are still used in cultures today. Our ancestors have used it as a bug-repellant, Medieval Europeans used it against plague and the Egyptians buried it along with their dead! Some of garlic's benefits are credited to the presence of the sulphur-containing compound Allicin, found in fresh, crushed or chewed garlic. Allicin has been found to reduce inflammation and offer antioxidant benefits, which can help fight heart disease and some cancers. No matter how you slice it the health benefits of garlic are aplenty.



Vegan Roasted Garlic Mashed Potatoes

Ingredients

4 large cloves garlic, peeled
3 tsp extra-virgin olive oil
2 lb(s) Yukon Gold potatoes, unpeeled, cut into 3/4-inch cubes (about 4 potatoes)
1 cup plain unsweetened almond or other plant-based milk, warm, plus more if needed
Kosher salt
2 tbsp minced chives (about 1/4 of a small bunch), plus more for garnish



Directions

1. Preheat the oven to 350°F. Place the garlic on a piece of foil, drizzle with 1 tsp of olive oil, wrap and roast until very tender, about 20 minutes.
2. Put the potatoes in a large pot, cover with cold water and bring to a boil. Reduce heat to a simmer and cook until the potatoes are very tender, strain and return the potatoes to the pot.
3. Add the roasted garlic with any juice that has collected, almond milk, remaining 2 teaspoons of olive oil and salt, to taste, to the potatoes. Mash with a potato masher until smooth or to the desired consistency, adding additional almond milk if necessary. Stir in the chives and garnish with chives and serve.

<https://www.foodnetwork.ca/recipe/vegan-roasted-garlic-mashed-potatoes/19381/>

Spaghetti with Oil and Garlic (Aglio e Olio)



Ingredients

Kosher salt, to taste, plus 1 teaspoon
1 pound spaghetti
3 cloves garlic, minced
1/2 cup extra-virgin olive oil
Pinch red pepper flakes
2 tablespoons chopped flat-leaf parsley
1/2 lemon, zested, optional
Freshly grated Parmigiano-Reggiano, optional

Directions

1. Bring a large pot of cold water to a boil over high heat, then salt it generously. Add the pasta and cook, stirring occasionally until al dente, tender but not mushy, about 8 minutes.
2. While the pasta cooks, combine the garlic, olive oil, the 1 teaspoon salt, and red pepper flakes in a large skillet and warm over low heat, stirring occasionally, until the garlic softens and turns golden, about 8 minutes.
3. Drain the pasta in a colander set in the sink, reserving about a 1/4 cup of the cooking water. Add the pasta and the reserved water to the garlic mixture. Mix well. Add the parsley and lemon zest. Adjust seasoning, to taste. Transfer to a large serving bowl or divide amongst 4-6 dishes.
Served topped with freshly grated cheese



Source: <https://www.foodnetwork.com>

From the Suggestion Box...



Did you know that YWALC has had a suggestion box for over three years now? We have seen many a great suggestion over this time. We have also seen compliments, complaints, opinions, various written languages, suggestions with a name, suggestions with no name and in one case someone's grocery list and a penny for luck. All of the above have been read, discussed, and kept (except for the grocery list and penny). When we started the suggestion box we had no idea what we would see. What we found was quite a number of really well thought out suggestions and a lot of compliments (we blush here), and of course some complaints, concerns and a few things we couldn't read.

We would like to use this forum to discuss some of the suggestions/opinions/compliments/complaints we have seen over time and perhaps also discuss some of the things we are able to shed light on and a few we can not.

To name or not to name this is the question; you are never obligated to put your name on the suggestion form, but, if you are asking a question and would like an answer please put your name on it, we are happy to follow up if we can. Which brings us to an important issue, confidentiality, many of the staff and volunteers are often asked questions about other members/



volunteers/staff, sometimes these questions are also put on a suggestion form. Please understand that unless someone has given express permission to discuss their absence/illness/vacation/discipline/family status/marital status/life etc. we are bound by confidentiality agreements.

Before I offer up some of the suggestions/comments from the past, let us just cover the one topic that you will not see in this forum, PARKING. We do believe that we have discussed this issue with most of you for whom this is an issue, we have also covered it numerous times in the news page, there is no quick fix for this problem. We are optimistic about the situation now that the Artscape Community Hub is close to completion at South Station Street & John Street. That being said we are always concerned about this and are looking to long term solutions.

Ok, lets get to it, this is one that we see often and has been a recurring theme from the beginning:

Complaint December 2018: "Many people wearing perfume have come through in the last few weeks."

YWALC Response: As we mentioned above this is a recurring theme, we often ask people who are blatantly wearing perfume to please understand that many people are sensitive to smells especially perfumes and to please discontinue use when coming to the centre. That being said, there are many body washes, shampoos, make up and hand creams/body creams that are heavily scented and the users often don't realize that there is a smell as they have been wearing it for a long time. We can only suggest that people consider their fellow members when applying scented toiletries and hope for the best.

Concern September 2017: "We need a room where we are not distracted by persons coming to use the bathroom. A room with a board - very difficult for the teacher - no privacy - no curtains."

YWALC Response: We received no fewer than 6 of the same concern for this one. We immediately saw the error of our ways as the task of learning is something that requires focus and commitment. We changed all of the language groups to the MK Room where there is much more privacy... and a new white board!

We understand that the Games room is not the easiest room to have any group in, however it's all ours and we do need to use it. We hope that by reconfiguring some of the tables for cards and adding curtains to the hall window that we have made it easier to use...please let us know.

Compliment & Opinion December 2018: "Everything is great here. I'd like to give my opinion that there should be a sign about the center (*sic*) closer to the corner of Weston/Lawrence."

YWALC Response: Yay!!!! We love a good compliment, thanks for saying. About the signage, not sure exactly what you mean, we are directly on the corner of Weston /Lawrence and we have 3 large lit signs outside on the building above the Games Room, MK Room and the hallway emergency exit. Also, the directory on the building outside of the front entrance reads "York West Seniors Centre" (sorry it is a little old) and the directory inside the front door reads "York West Active Living Centre", as well as the very subtle frosted signs on either side of our door. I might also add that as humans our brains aren't wired to notice things that are not of concern to us, you never really notice something until you are looking for it. We are also constrained by our lease agreement and city bylaws.

Check From the Suggestion Box.. in March/April 2019 for more answer to your questions. Please keep them coming!



Volunteer Corner...

Happy New Year, Volunteers!

Thank you very much for the commitment you have shown YWALC in 2018. YWALC members, board and staff appreciate the hard work you do; there are over 100 of you, and together you donated an average of 600 hours of work per month, that's over 7200 hours in 2018.

Volunteering is a great opportunity for everyone. Volunteering allows us to meet new people, use our vast experience and knowledge and maybe pick up a few new skills along the way. Volunteering at YWALC shows your commitment to not only the centre but the community at large.

There are always many volunteer opportunities, for example:

- **volunteers are needed to fill 2 hour day time shifts at the Delta Bingo.**

If interested please contact Allegra, see the ad on this page for details.

Once again, thank you for making YWALC such a special place to come to....

Stay Active, Be Fit, Live Well



Dear Allegra,
I love volunteering for YWALC at the Delta Bingo but I just don't look good in white. Do you have a solution for me.
Signed,
Willa Washout

Hi Willa,
I'm so glad you asked, it just so happens we have new black t-shirts just for Delta Bingo volunteers. Come and see me anytime Monday to Thursday and I will give you one for use at the Delta Bingo. You now have the choice of the new black t-shirt or a white shirt with a YWALC black vest.
Signed
Allegra



Information Session Volunteering at YWALC Thursday February 21, 2019 Time: 10:30am to 11:30am in Games Room

Information provided in this session will include:

- ♦ volunteer opportunities at YWALC
- ♦ training offered
- ♦ time required
- ♦ How to apply

Question and answer period to follow presentation

Please register at the front desk by February 14, 2019

Delta Bingo Volunteers Wanted



We are looking for volunteers who want to help us once a month, for just a couple of hours.

Volunteering at Delta Bingo requires the following:

1. be able to walk or stand for 2 hours
2. positively represent YWALC
3. provide own transportation to and from bingo

Training is provided

If you are interested, please contact Allegra,
allegra@ywalc.ca

or

call 416-245-4395 ext. 233



Next Day Trip to Casino Rama

Tuesday January 8, 2019
&
Tuesday February 5, 2019

Bus departs YWALC @ 8:30 am
Bus departs Casino @ 3:45 pm

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

Receive \$10.00 slot voucher at Casino

Note: Passengers must have a valid government photo I.D.
in order to receive casino incentive.

Register at the front desk

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

Aga Khan Museum

Friday January 18, 2019

Transportation: Members - \$15.00

Non-members - \$20.00

Winterlicious

Lunch Out @ Café Boulud

Friday January 25, 2019

Transportation: Members - \$15.00

Non-members - \$20.00

Winterlicious

Lunch Out @ Batch

Wednesday January 30, 2019

Transportation: Members - \$15.00

Non-members - \$20.00

Lunch Out @ Mandarin

Monday February 4, 2019

Transportation: Members - \$8.00

Non-members - \$13.00

Winterlicious

Lunch Out @ BnB

Wednesday February 6, 2019

Transportation: Members - \$15.00

Non-members - \$20.00

and many, many more.....



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

Van Trip to Aga Khan Museum

Friday January 18, 2019

Emperors & Jewels: Treasures of the Indian Courts from
the Al-Sabah Collection, Kuwait



Experience the passion for opulence among the princes of India.

Exquisite objects decorated with gems and carved from
semi-precious stone reflect life at the courts.

Departs from YWALC at 10:00 am

Departs from Museum at 2:00 pm

Transportation: Members \$15.00

Non-members \$20.00

Plus cost of admission : Adults \$20.00

65+ \$15.00

Note: Visitors are welcome to relax in the Aga Khan Park or Museum
courtyard, view collections in the Bellerive Room, or browse in the Museum
Shop without purchasing a Museum admission ticket.

Book by Friday January 11, 2019

Thank You



Lillian Richards Steve Scott
 AA Group Carol Johnson
 Ward Funeral Homes Pam Lee
 Loblaw - Save it Forward
 Diane Osborne (In memory of Noreen Bowman)
 Roma Francis (In memory of Charles)

Our Board of Directors
 Joan Bonk-Mackenzie-President
 Troy Bolton-Vice President/Treasurer
 Vera Nazareth-Secretary
 Simone Marion-Past President

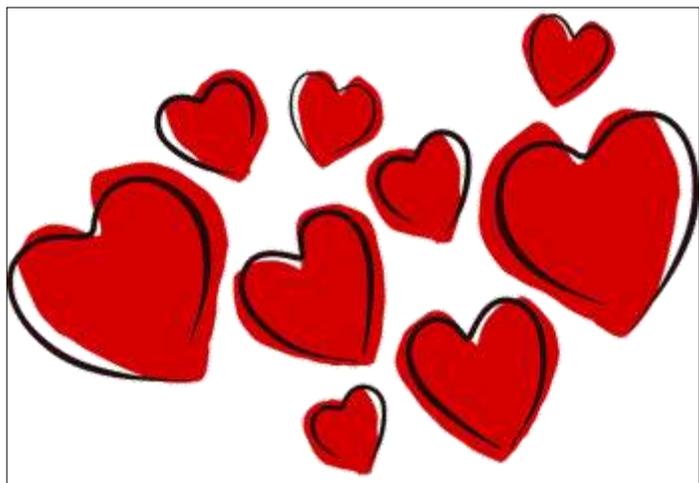
Board Members at Large
 Joanne Bunton
 Barbara Collas
 Cathy-Ann Cope
 Luke Hannan
 Judy McBride
 Mike Vandenbogaerde

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



volunteers don't necessarily have the time

they just have the HEART

Valentine's Day
 Thursday February 14, 2019

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

