



Registration Information

Fall Program Registration

Begins on Wednesday August 1, 2018
 Information about the fall session will be available at reception and our website the week before.
 Fall programs will begin on Monday September 10, 2018

We have exciting news!

In partnership with Unison and WestReach, YWALC is able to provide a Mind Body and Yoga program to the community. The program, which started on June 18, 2018, combines yoga, mindfulness and physical health exercises to help you and community member's reflect on their overall mental health and wellness. Each session includes 45 minutes of yoga exercises followed by a meditation, mindfulness practice or an education session related to physical health (e.g. sleep, nutrition, exercise). The WestReach Team includes a Community Mental Health and Substance Use Outreach Worker, Community Mental Health and Addictions Worker, Registered Social Worker and a Registered Nurse, all of whom work out of Unison Health and Community Services - The Jane Street Hub - 1541 Jane Street (near Jane and Trethewey). Referrals to WestReach can be made by your doctor or by YWALC, let us know if we can help.



YWALC Open House and AGM Thursday September 6, 2018 9:30 am—1:30 pm

Join us as we showcase many of YWALC's great instructional and social programs. We encourage you to invite your friends and family to this event and share the wonderful excitement that is York West Active Living Centre.



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 Social Media and Communication Assistant call Jessica at ext. 225
- 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



@ywalc

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

1901 Weston Road
 Weston, Ontario M9N 3P5

Centre Closures

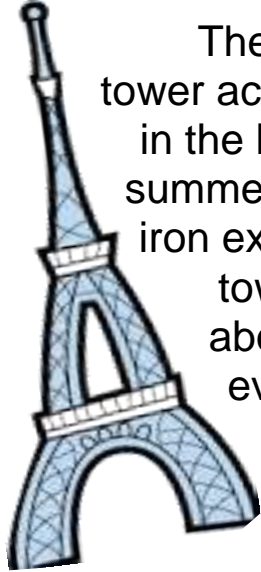
Monday July 2 - for Canada Day
Monday August 6 - for Civic Holiday





Did you know....

The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer



<https://blog.vitalchek.com/vital-records/20-fun-facts-about-summer/>

Heat Illness and How to Protect Yourself...

Who is at risk for heat-related illness

- Adults ages 65 years and older who do not use or have home air conditioning are at increased risk of heat-related illness
- Older adults with multiple chronic medical problems, including heart and lung disease, diabetes and obesity are also at increased risk.
- Many common medications can impair an older adult's ability to respond to sustained exposure to high temperatures. (see your doctor to see you if take one of these medications)

What should older adults do to keep safe during hot weather?

- Use air conditioners or go to places with air conditioning on very hot days. Most communities open cooling centers for use during extreme heat events. (YWALC is open Monday to Friday 8:30am to 4:00pm for members to stay cool)
- Fans do not provide adequate cooling during extreme heat. Fans should ideally be used to bring in cool air at night, when the windows are open or when the air conditioner is already on.
- Older adults should drink extra fluids during hot weather.

<https://health.usnews.com/health-news/patient-advice/articles/2015/08/11/how-older-adults-can-stay-safe-during-the-summer-months>

ANNUAL GENERAL MEETING



Thursday September 6, 2018

Time: 1:00 pm
after the annual open house

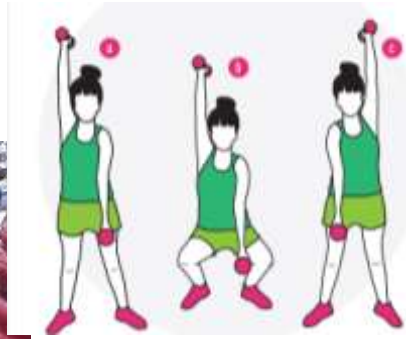
Everyone is welcome to attend
See flyer for more info

Good Health News...

Strong legs = a younger brain

Keeping your legs strong with daily walks slows brain aging 18%, helping it function as if it is four years younger, reveals research in the journal *Gerontology*. When leg muscles contract, they prompt the release of a hormone that repairs aging neurons.





Open Circuit Workout

Tuesday's and Saturday's

Starting on Tuesday July 3, 2018
from 9:30 to 11:30 am

Cost: Drop in \$1.00 per class

Meet one on one with a Personal Trainer and set up your own personalized goals, then track your progress using your own personal workout sheet. Using a variety of equipment, this class will include multiple stations like: Cardio, strength, mobility, flexibility & balance exercises, all adapted to your own ability.



Vegetable of the month is.....Shallots!!!

Shallots are alliums, in the same family as onions, along with leeks, scallions, and garlic. That means they have a flavor that is sweet, acidic, spicy, and sharp all at the same time. The flavor of a shallot differs from that of a regular onion in a few ways. The flavor of a shallot is more delicate, softer, and less abrasive than that of an onion. There are also notes of garlic, which a white or red onion doesn't have.



There are a variety of shallot flavors that you can purchase to suit your cooking needs. Sweet shallots are usually sold in mid-summer, while subtle-flavored shallots arrive in spring. If you want dry shallots, they're available throughout the year. Alliums are known for their various nutrients and antioxidants, so it's no surprise that shallots provide various health benefits, such as:

- One of the most important benefits shallots are known for is their high amount of antioxidants, which can help lower your risk of certain cancers.
- Shallots contain diverse antioxidants, such as quercetin, kemferol and several sulfuric antioxidants that work together when sliced during cooking preparation to form a new compound called allicin. This compound gives shallot its cancer-fighting properties.
- Shallots have generous amounts of iron and copper, two minerals that are known for increasing red blood cell production, which can help promote cell growth, healing and energy.
- Aside from lowering your risk of cancer, allicin may also help regulate your cholesterol levels. By helping manage your cholesterol levels, your risk of coronary heart disease, atherosclerosis, heart attacks and strokes will be reduced.
- Shallots contain allium and allyl disulfide. Together, these compounds help regulate your blood sugar levels, helping diabetics to keep their condition under control.

Shallots are one of the healthiest vegetables you can add to your diet. With strong anticancer properties and cardiovascular benefits, your body will surely benefit from using shallots in your recipes every now and then. Just remember, shallots are not onions, and therefore have their own taste. Using shallots in place of onions (and vice versa) may result in unpleasant flavors, so use caution.

Source:<https://foodfacts.mercola.com/shallots.html> & www.bonappetit.com/story/what-are-shallots

French String Beans with Shallots

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 large shallots, thinly sliced
- About 1 cup water
- 3/4 pound (12 ounces) haricots verts (French string beans)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Instructions

1. Heat the olive oil in a large sauté pan over medium-low heat. Add the shallots and cook, stirring frequently, until soft and mellow, about 8 minutes.
2. Add the haricots verts, salt and pepper and cook, stirring frequently, for about 2 minutes.
3. Add 1/2 cup of the water and cook, stirring frequently, until the water evaporates, 4-5 minutes. Add the remaining 1/2 cup of water and continue cooking until the beans are tender and the pan is completely dry, 5-6 minutes. Test the beans for doneness. If they need more cooking time, add a bit more water and cook until done; just be sure to cook off any remaining liquid in the pan before serving, otherwise the flavor will be diluted. Taste and adjust the seasoning with salt and pepper if necessary.

Source: www.onceuponachef.com/recipes/french-string-beans-with-shallots.html

The time is coming to lace up your running shoes and prepare for the 3rd Annual

YWALC Weston Challenge Saturday, October 13, 2018

Once again YWALC will host our own challenge in our own community this year. This family event will raise money for YWALC. All the money raised by our members, and their friends comes directly to our centre. Last years dollars raised helped to fund our kitchen renovation!

Stay tuned for more information.

Are you interested in walking?
Please speak to Rita



Are you interested in volunteering on the course?
Please speak to Allegra



Don't forget the little orange donation bag competition starts the first week of May . Save up your small change to help out YWALC



Seated or Standing Drum Fitness



Summer Session July - August, 2018
Seated - Wednesdays 12:30 - 1:30 pm
Standing - Fridays 11:45 - 12:45 pm
Cost: \$8.00 (8 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. This class also fosters a healthy balance physically, mentally and emotionally all improving your well being!

Volunteer Corner...

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others, those in need and improve your health and happiness.

Volunteering: The happiness effect

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the researchers.

Adapted with permission from *Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living*, a special health report published by Harvard Health Publications.
<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>



Dear Allegra,
I am a big fan of volunteerism but I really don't have a lot of time and I worry about making a commitment to the centre and not being able to follow through. Can you help?
Signed
Les Hours

Of course I can Les! We have a really big event coming up on September 6th, our Annual Open House sees us open the centre to the community and shows them what we have to offer. Last year more than 20 volunteers worked hard to make the event a success, and this year we need volunteers again for a few hours only. There are many positions available: outreach, greeters, raffle-ticket collectors, snack bag packagers, etc. If you are available to help please speak to me in person at the centre Monday to Thursday 8:30am to 4:00pm or email me at allegra@ywalc.ca also you can call me at the centre 416-245-4395 ext. 233.

Get the word out...



With the **YWALC Weston Challenge** fast approaching in October, we are looking for volunteers to spread the word. Volunteers are needed not only to help on the day of the walk but before the walk as well. You could distribute flyers on your block, to your neighbours at your local grocery store, church or building bulletin board. Every little bit helps and getting the word out will increase the number of participants and sponsors. Remember, all proceeds from the walk go to the centre to make programs better for members. Last years proceeds helped with the much needed kitchen renovation. If you can spare a little time call Allegra at 416-245-4395 ext 233 or email her at allegra@ywalc.ca and of course you can always drop by the office Monday - Thursday and see her in person.

The meaning of life
is to find your gift.
The purpose of life
is to give it away.

Pablo Picasso





Day Trips to Casino Rama

Wednesday July 11, 2018
&
Wednesday September 12, 2018

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 at Casino

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

**Summerlicious Lunch Out
@ Pulcinella Ristorante Italiano**
Wednesday July 11, 2018
Transportation: Members - \$15.00
Non-members - \$20.00

**Summerlicious Lunch Out
@ Chop House Steakhouse & Bar**
Friday July 13, 2018
Transportation: Members - \$8.00
Non-members - \$13.00

**Summerlicious Lunch Out
@ Schnitzel Hub European Bistro**
Wednesday July 18, 2018
Transportation: Members - \$13.00
Non-members - \$18.00

St. Jacobs Market
Saturday July 28, 2018
Transportation: Members - \$30.00
Non-members - \$35.00

**Town of Unionville &
Lunch Out @ The Old Country Inn**
Wednesday August 8, 2018
Transportation: Members - \$20.00
Non-members - \$25.00

Montgomery Inn Market
Wednesday August 15, 2018
Transportation: Members - \$8.00
Non-members - \$13.00

and many, many more.....



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

Casino Niagara

Wednesday August 15, 2018

Departs from YWALC at 10:30 am
Departs from Casino at 5:15 pm

Transportation: Members \$20.00
Non-members \$25.00



\$10.00 E- Promo coin; lunch on your own

If you're 55 or older join Silver Aces!
There is live entertainment and exciting prizes available to be won
every Wednesday from 12:00 PM to 8:00 PM !

Players Cards must be used during the ENTIRE Casino visit in order to receive
bonuses!

A later departure time will allow everyone to enjoy the free live
entertainment



Re-live the legends of Rock and Roll
with live performances!
Free shows every Wednesday at 3PM
and 6PM, featuring some of your
favourite musical icons like Frank
Sinatra, Patsy Cline, Johnny Cash,
Elvis and more!

Note: Passengers must have valid Government issued photo ID for
entrance to the casino!

Please register by Monday August 6, 2018

Thank You
to our donors



Sheila Matte
Zorka Marin
John & Penny Van Estrik

Our Board of Directors

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

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Joanne Bunton
Barbara Collas
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Luke Hannan
Judy McBride
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



Introducing our newest staff member...

Jessica is the smiling face you have seen around the centre taking names and learning the ropes. Jessica is our Social Media and Communication Assistant. She has all the answers when it comes to Facebook, Twitter, Instagram, E-mail and all other confounding things in the Social Media universe. We all welcome Jessica and look forward to her keeping us all current and relevant.



Lucky us, Alonso is back!...

In case you did not notice, our old friend and staff member Alonso is back. Yeah! Alonso has a new role here at YWALC and that is to coordinate the Open Circuit Workout (OCW) Program. The OCW program is a big undertaking for the centre in the foreseeable future. We hope that everyone will support Alonso in his new role and get out and try the OCW.



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

