



Tremendous Changes for YWALC This Year

We are using a new sign in system/database as of March 1, this will be a learning process for all of us, also

2017/2018 YWALC Membership on sale

Renew your membership for **2017/2018** beginning
Wednesday March 1, 2017

\$30 for non-voting members or
\$35 for voting members

For a smooth first week of membership renewal and spring program registration and to avoid disappointment we have a few quick tips and some changes for you to be aware of:

- Please be patient with us and the new system .
- When you renew your membership, you will receive your new key tag. This key tag will be used for you to sign in from now on.
- Registration is on a first come first serve basis. Placement numbers will be assigned at the door if required.
- Please have an alternate class choice, or two ready when ready.
- As of March 1, 2017 all memberships will come up for renewal one year from the purchase date (ie. if you purchase a membership on November 8 you will renew one year later)
- A 2017/2018 membership is a great gift idea!!
- **Stay Active, Be Fit, Live Well!**

YWALC Health Fair

Tuesday March 14, 2017
9:00 am - 1:00 pm

Our friendly staff will be on hand to welcome you and answer questions about YWALC. This is also an opportunity to meet representatives from community organizations and businesses who will be available to speak with you about their own unique services and answer any questions you may have.

For more information call us @ 416-245-4395

Please note there will be no programs on this day
Bring a friend, family or neighbour all are welcome

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

1901 Weston Road
Weston, Ontario M9N 3P5

Centre Closures

Friday April 14 - Good Friday

No Programs

Thursday April 27 - Volunteer Lunch



Sunday March 12 @ 2:00am

The survey says.....

Thank you to all those who participated in the instructional program surveys. It appears that 95% of the members are extremely happy with their program and instructor. The other 5% are just happy!



Changes to our Appearance

You may have noticed all kinds of changes and disruption around the Centre in February. Thank you everyone for your patience and understanding through this time. The water coolers didn't work, we were all sitting in the hallways instead of the kitchen, there were no full lunches for a time and if that wasn't bad enough the crazy staff dismantled the Computer Lab and the Office!!!! What is going on around here? Well, with monies received from the Ontario Seniors Secretariat - Special Grant and donations received from the 1st Annual YWALC Weston Challenge, we were able to give the kitchen a much needed upgrade. Of course this was easier said than done and a two day adventure turned into a two week odyssey. But, it was well worth the minor inconveniences as we have a beautiful kitchen and a happy chef!!!



Of course the dismantling of the Computer Room and Office were a completely different kettle of fish, our brilliant and dedicated Program Committee looked into our room usage and found a few rooms lacking use. So thanks to their wonderful research and suggestions we would like to introduce you to the new **YWALC Welcome Room**, located just inside our front door. Everyone has watched the evolution of the Welcome Room and it will be closer to the end of March before we are all done. This new room will give us some much needed programming room and a relaxing place to have a conversation, enjoy a coffee or watch the news.



Computer class changes

If you read the article above we know you were saying yes well that's really nice but what about my computer class, where are the computers?!? We believe we have created an environment that is a little more flexible for classes, not only have we created a place in the Office for small computer classes but we have created a program that allows you, the members to sign out a laptop and use it any place within the centre, like the kitchen if you wish. There will be two laptops permanently placed in the welcome room if wish to sit in there and enjoy surfing the net.



The time is coming to lace up your running shoes and prepare for the 2nd Annual

YWALC Weston Challenge June 2017



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



Scamming and Phishing what should you be aware of

SCAM

ALERT

There are many scams out there, not only on the internet and the phone but in almost any situation during your daily routine. In fact ,we would not be able to list them all here. However, you don't need to disconnect from the modern world you just need to know that there are scammers out there and armed with that information and some tips on staying safe you can avoid being taken by criminals after your hard earned dollars. Most of the scams are online and on the

telephone, however there are still door-to-door scams, identity theft, credit /debit card frauds and in rare instances scams perpetrated by friends and family.

Tips and Safeguards:

Keep all personal documents in a secure place. If you don't need them, do not carry your birth certificate , passport or SIN card

Never tell another person your PIN or account passwords and take care to cover your hand when entering your PIN at the bank machines and when making store purchases

Never give out your credit card, bank account, or personal information to someone over the phone, at the door, or over the internet unless you know the person or organization you are dealing with and you made the contact

Do not click on pop-up windows or respond to e-mails, open attachments or go to Web site links sent by people you do not know. Your bank or credit union will not send you anything by email unless you ask them to

Safely dispose of old bills and statements - shredding is best

Be suspicious if someone you don't know asks you to send them money or a cheque, or to return money they "accidentally" sent you.

Source: What every older Canadian should know about frauds and scams

Watch for continuing articles on scamming in the May/June newsletter

Vegetable of the Month.....Asparagus!

There are three different colours of asparagus: green, white and purple:

Green asparagus has colour because of a process called 'photosynthesis.' This is a process where plants use sunlight to produce chlorophyll, which gives them their green colour.

White asparagus is actually just green asparagus but the farmer mounds soil on top of the spears so they never see sunlight! So it does not perform 'photosynthesis' and therefore has no colour!

Purple asparagus is simply a variety of green asparagus that has a gene that makes it purple, even though it still uses photosynthesis (i.e. produces chlorophyll). It is sweeter than green asparagus.

Asparagus has only 4 calories per spear and is very low in sodium. It is a good source of Vitamin B6, Vitamin C, Vitamin E, Vitamin K calcium, magnesium and zinc, and a very good source of dietary fibre, protein, beta-carotene, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese and selenium.

Asparagus is a diuretic. It brings about an increase in the excretion of chlorine and phosphate compounds. This dilutes the urine, which helps prevent renal and urinary tract inflammations.

Asparagus is rich in rutin, a powerful antioxidant. The greyish or yellowish flecks found attached to pickled asparagus are actually rutin that has crystallized as a result of the asparagus spears having been exposed to vinegar and then heated. It is harmless – and may actually be good for you.

Asparagus facts:

- Asparagus, is a spring vegetable and an herbaceous perennial.
- It is a member of the Lily family, that includes onions, garlic, leeks, and gladioli.
- Asparagus shoots arise from underground "crowns" that are planted about 8 inches deep.
- Under ideal weather conditions, an asparagus shoot, or "spear", can grow 25 cm (10") in a 24-hour period.
- If not harvested, the shoots grow into tall fern like plants with small red seeds.
- Once the shoot starts to "leaf out" the stems become woody and inedible.

Source <http://asparagus.on.ca/consumers/>



Recipes

Grilled Asparagus

This is so simple that it barely deserves to be written out as a recipe. Just toss the stalks in olive oil, season with salt and pepper, and throw them directly on the hottest part of the grill for a few minutes. No pre-cooking, nothing fancy, just vegetables and heat. Pick fat, finger-width stalks that can sit on the heat long enough to get some nice char while still maintaining a juicy snap in the center.

Ingredients

- 1 pound asparagus, trimmed and peeled (if desired)
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 lemon (optional)



Directions

Toss asparagus with 2 tablespoons olive oil, salt, and pepper. Place over a grill preheated to high heat and cook, turning occasionally, until well-charred and tender, 5 to 8 minutes. If desired, cut lemon in half and place cut side down on grill until charred, about 3 minutes. Transfer asparagus to a large plate, drizzle with remaining olive oil, sprinkle with lemon (if desired), and serve immediately.

Asparagus Dip

Ingredients

- 1 – 8 ounce package cream cheese, softened
- 14 ounces of asparagus
- 1 clove garlic, minced
- ¼ cup Parmesan cheese, grated



Directions

1. Boil a pot of water. Cut the woody end off of the asparagus and then boil them for 3 minutes.
2. Drain them and put them in a cold water bath.
3. In a blender or food processor, mix the Parmesan cheese, garlic clove and softened cream cheese together until blended.
4. Add the asparagus and pulse a few times to mix or really blend well to get a lovely green color.
5. Put the asparagus dip into a heat proof dish and sprinkle with some more Parmesan cheese.

Bake at 350F for 10 minutes, or until the mixture is hot and bubbly and the top is browned.

Source: crazedmom.com

Check out what's new and changing at YWALC this Spring 2017

Mitzvah Technique - now a regular program

Tuesdays starting April 4 from 1:45 - 2:45 pm

Now that many of you have realized the good deed that you are doing your body when you employ the mitzvah technique in your everyday activities, we have made this a full program!!! Yay!! Susan Green is back this spring to ease you all back into feel good postures. Welcome back Susan G!



Balance and Stretch - is back!!!

Fridays starting April 7 from 11:15 am- 12:15 pm

Featuring safe, easy to follow balance training, followed by a wide assortment of active and static stretches; this class will help to increase the range of motion throughout all joints, improve posture, coordination and your sense of balance. Back to teach Balance and Stretch is Susan Dingwall. Welcome back Susan D.!!

Strong Spine Fitness - Instructor change

Wednesdays starting April 5 from 11:30 am - 12:30 pm

Using a variety of equipment, exercises are done in a slow controlled manner with options provided for individual ability and personal comfort. Build the strength and support your spine needs with exercises that focus on the muscles that surround the spine the abdominal muscles and the muscles around the pelvis. Susan D. will resume instruction of Strong Spine Fitness for Spring and we thank Kharen W. for filling in during Susan's absence and doing such a good job this Winter!



Beginners Tai Chi - is back!!!

Thursdays starting April 6 from 2:15 - 3:15 pm

Tai Chi is an ancient form of self-defense but has been adapted to become a beneficial exercise in a relaxed atmosphere. Slow, gentle, continuous movements provide improvements to balance, coordination, concentration, fitness and overall health. Join Marilyn for this easy to follow beginners class.





Friendly reminder, the Centre is closed Good Friday and open Easter Monday



The Benefits of Volunteering

The week of April 23 to April 29, 2017 is National Volunteer Week and what better time to remind ourselves of the far reaching benefits of volunteering. There is a great scientific name for the results of the domino effect created when you do a good deed for someone else, it is called "upstream reciprocity". A very cool name for the phenomena that happens when a good deed is paid forward, and it is almost always paid forward. Volunteering starts with you and it benefits so many. Some of the many undeniable benefits to you when you volunteer are:

- Make new friends and contacts
- Combat depression
- Provides you with a sense of purpose
- Learn a new skill
- Increase your social and relationship skills
- You feel happy!
- Helps you stay physically healthy
- Teach a new skill
- Counteract the effects of stress, anger and anxiety
- Increased self-confidence
- Gain experience
- Brings fun and fulfillment to your life

When it comes to volunteering at YWALC, passion and positivity are the only requirements. The most valuable skill you can bring to YWALC or any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude. Speak with Allegra if would like to join our fabulous team of volunteers.



National Volunteer Week is April 23 - 29, 2017

YWALC Volunteer Appreciation Lunch Thursday April 27, 2017

Our Volunteers are always ready to jump in and lend a hand, foot or a shirt off their back, so we would like our volunteers to jump in the mystery bus and let us treat you to a surprise lunch!

**Volunteers watch for your invitation to lunch
for more details**

Please note there will be no programs this day





Day Trips to Casino Rama

Wednesday March 8, 2017
&
Wednesday April 12, 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 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

St. Lawrence Market & Market Gallery Exhibition

Friday March 3, 2017

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

Cloverdale Mall

Wednesday March 8, 2017

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

Canada Blooms Show

Friday March 17, 2017

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

Royal Ontario Museum

The Blue Whale Story

(see Blue Whale details this page)

Friday April 7, 2017

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

Free Concert Series

Richard Bradshaw Amphitheatre

Metis Fiddler Quartet

Thursday April 20, 2017

Transportation: Members - \$15.00
Non-members - \$20.00

Aga Khan Museum

Rebel, Jester, Mystic, Poet:

Contemporary Persians

Friday April 28, 2017

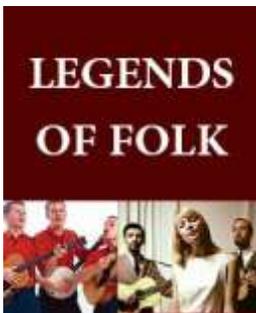
Transportation: Members - \$13.00
Non-members - \$28.00

and many, many more.....



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

Day Trip Carmen's Dinner Theatre Tuesday June 27, 2017



The greatest hits from legendary folk artists including Peter, Paul and Mary. The Kingston Trio, Simon & Garfunkel, The Weavers, Gordon Lightfoot, Bob Dylan, Ian and Sylvia & many more!

Members: \$89.00

Non-members: \$99.00

Includes: Deluxe motor coach/ Stop at Farm/ Dinner Theatre/ taxes & gratuities

Bus Departs: YWALC 9:00 am

With a brief stop at Bennett's Farm Market

Bus Returns: From Carmen's approx. 3:30 pm

Register by June 16, 2017

Payment is required when booking

Van Trip to The Royal Ontario Museum Out of the Depths: The Blue Whale Story

Follow the 2014 story of the blue whales that captured the hearts of a nation. *Out of the Depths: The Blue Whale Story* is a ROM original exhibition that retells the tragic story of 2014 when nine Blue Whales died with two washing ashore in Newfoundland and the unprecedented opportunity for research and conservation that resulted. Come face to face with the enormous eighty-foot skeleton of Blue, and discover the mind-blowing biology of blue whales; the humongous size of their heart, their unusual feeding behaviour, how they communicate and their evolution from land to sea. Find out how the ROM is studying their DNA to unlock some of the mysteries surrounding these large but elusive creatures, and gain insight into the global decline of the blue whale population and what is being done to protect the world's largest animal...ever.

See Van Trips this page for transportation details

Thank You
to our donors

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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 for Nutrition Month...

YOUR BODY IS
THE ONLY HOME
YOU HAVE TO
LIVE, NURTURE
IT, HONOUR IT,
LOVE IT AND
RESPECT IT.



Speak to Allegra if you are interested

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

