



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 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

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Email us at  
[info@ywalc.ca](mailto:info@ywalc.ca)  
Find us online at  
[www.ywalc.ca](http://www.ywalc.ca)

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Office Hours of Operation  
Monday to Friday 8:30 am - 4:30 pm

1901 Weston Road  
Weston, Ontario M9N 3P5

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### Centre Closures

Friday March 30 - Good Friday  
Thursday April 19 - Volunteer Lunch

### No Programs

Thursday March 15 - Health Fair  
Tuesday March 20 - Centre 1 & 2 only

### **YWALC Membership Renewal**

Renew your annual membership beginning  
**Thursday March 1, 2018**

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

For a smoother process we have separated the membership renewal and program registration dates. Here are a few pointers regarding membership renewals:

- As of March 1, 2018 most memberships will come up for renewal.
- You should be seeing the membership expiry notice coming up on the check-in screen when you sign in, this means it's time to renew.
- Memberships must be renewed one year from the purchase date (ie. if you purchase a membership on November 8 you will renew one year later) if you are not aware of your renewal date, please ask a staff member.
- You will continue to use your current membership key tag.
- When you register for paid instructional programs your membership must be in good standing during the program session.

### **Spring Program Registration Starts Monday March 19, 2018**

Spring program schedules are available in the  
games room and at the front desk

Here are a few pointers regarding program registration:

- Please be patient.
- Registration for programs is on a first come first serve basis. Placement numbers will be assigned at the door if required.
- If you are registering for paid instructional programs your membership must be in good standing during the program session

**Stay Active, Be Fit, Live Well!**

**Your crack team of registration professionals is ready to help!**



Ask us to add you to our email list  
to receive ongoing information about happenings at YWALC





**Holiday Bazaar Statistics**  
Great job YWALC volunteers and buyers!  
Our annual sale brought in a total of \$2,180.00 ; this total includes white elephant items, crafts, plants and raffle.  
Our new addition of a raffle this year was a big success. Congratulations to our five lucky winners.



**Sunday March 11 @ 2:00 am**

# Cook with Me Around the World Lunch Event



**March 27, 2018**  
**11:30 - 1:00 pm**  
Cost: \$2.00

Take a foodie trip around the world with YWALC in Centre 1 & 2  
No regular lunch program on this day  
Visit all of the countries, fill-in your passport to win a prize!

**Register at the front desk for this delicious event!**



**Centre Closed Good Friday March 30, 2018**

## Check out what's new and changing at YWALC this Spring 2018

### Belly Dance - now a regular program

**Thursdays starting April 5 from 9:00 - 10:00 am**

Learn muscle control and fluidity while toning the core, encouraging good posture, improving flexibility, and gaining body confidence. In this class you will learn the basic movements and isolations as well as the posture and styling of belly dance. Join your instructor Sue and discover muscles you never knew you had!



### Strong Core- Better Balance Exercise - Exciting new program with Susan D.

**Fridays starting April 6 from 11:15 am- 12:15 pm**

Using a variety of equipment, this program features safe, easy to follow balance and strength 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 and build the support your spine needs. (This program is the perfect combination of last Spring's Strong Spine Fitness and Balance and Stretch)

Welcome back Susan D.!!



### Gentle Combo Yoga - Exciting new program with Susan D.

**Tuesdays starting April 3 from 12:00 - 1:00 pm**

Gentle Combo Yoga is a calming, stress-relieving yoga program to stretch and strengthen the body gradually. Perfect for people who want to try yoga for the first time or working with special concerns. This class will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. (Combines floor and chair postures)



### Extreme Line Dancing - now a regular program

**Fridays starting April 6 from 11:45 am - 1:45 pm**

Extreme Line Dancing will push you to your maximum endurance. This program is for experienced line dancers who are looking for a challenge. Join Karen and dance up a storm!



### Fun and Easy Crafting with Paper - Exciting new program

**Thursdays starting April 5 from 10:15 - 12:15 pm**

Scrapbooking, greeting cards and photo card making are just a few of the many fun and easy projects to explore during this new class. Susan S. has the knowledge and the paper to keep you busy for weeks and beyond!



## Two Volunteer Board of Director Positions Available

Our Centre is a member based organization with leadership provided by a twelve member Board of Directors, all of whom are volunteers and members of the Centre.

YWALC is currently looking to fill two vacant positions. One position would be as Treasurer on the Executive Committee, and the second is a Director at Large with expertise or a background in Human Resources. While we encourage all interested parties to apply, those with finance or human resource background would be an asset.

The term would begin April 1st, 2018 and end September 6th, 2019 at which time there is potential for re-election for an additional two year term.

We ask that all interested applicants either complete an application or send a current CV to [info@ywalc.ca](mailto:info@ywalc.ca) on or before March 9th, 2018. Specific eligibility criteria and conditions of appointment are available in the Board Application 2018.

York West Active Living Centre is committed to providing accessible employment practices that are in compliance with the Accessibility for Ontarians with Disabilities Act ('AODA'). Applicants need to make their request for accommodation known when contacted.

**For additional information or inquires please visit our website at [www.ywalc.ca](http://www.ywalc.ca) or email us at [info@ywalc.ca](mailto:info@ywalc.ca).**



## Vegetable of the Month is.....Radish!

The average large radish is red, round with a white interior, roughly the size of a ping pong ball and grows in the spring. Other varieties are pink, dark grey, purple, two-tone green and white, yellow and the diakon tuber which grows in winter. The radish is well-traveled and ancient, Egyptians cultivated them even before building the pyramids. In Britain, radishes had medicinal as well as culinary uses, usually for kidney stones and bad skin. It may have worked, because the colonists brought radish seeds with them to the New World.



Radishes are a very good source of vitamin C – 25% of the daily recommended value – helping to rebuild tissues and blood vessels, and keeping bones and teeth strong. Other healthy properties and nutrients of radishes include folate, fiber, riboflavin, and potassium, as well as good amounts of copper, vitamin B6, magnesium, manganese, and calcium. Radishes have antibacterial, antifungal, and detoxifying properties, and contain compounds that soothe rashes, dryness, and other skin disorders.

<https://foodfacts.mercola.com/radish.html>;

## Radish Dip

"This spicy radish dip is loved by all and so easy to make. Adjust the amounts of radish and garlic to suit your taste. Serve with crackers or vegetables."

### Ingredients

- 4 cloves garlic, peeled
- 6 radishes, quartered
- 2 (8 ounce) packages cream cheese, softened



### Directions

Place garlic in the container of a food processor, and pulse until finely minced. Add radishes, and mince. Add cream cheese, and mix until well blended. Transfer to a serving dish, and chill

<http://allrecipes.com/recipe/67716/radish-dip/>

### Radish Fun Facts:

**Hot weather, hot radishes:** If it's a long, hot summer, you get hotter radishes and similarly when it's milder you get cooler radishes.

**Fast growing crop:** Radishes are a fast growing crop and grow from seed to eating plant in 25 days.

**Night of the Radishes:** In Oaxaca Mexico, December 23rd is known as "The Night of the Radishes" (Noche de Rabanos). The

festival features depictions of all kinds of subjects, including nativity scenes - all carved from radishes!

<http://www.loveradish.co.uk/fastfacts/#.WpBBnPmnHIU>

## Roasted Radishes with Brown Butter, Lemon and Radish Tops



### Ingredients

- 2 bunches medium radishes (such as red, pink, and purple; about 20)
- 1 1/2 tablespoons olive oil
- Coarse kosher salt
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon fresh lemon juice

### Directions

1. Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.
2. Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

<https://www.epicurious.com/recipes/food/views/roasted-radishes-with-brown-butter-lemon-and-radish-tops-364609>

# Humber River Hospital Mammography Unit Tour & Information Session

Presented by



Thursday March 22, 2018

Time: 11:00 am to 2:00 pm

This trip will include a tour of the mammography section of the hospital and information sessions on cancer screening, osteoporosis and the HRH Patient and Family Resource Team

Those that qualify may have a mammogram during the tour, also with a doctors requisition a bone density test can also be performed

Maximum number of participants is 15

Please register early at reception

For more information contact Danna 416-245-4395 ext 223  
or [danna@ywalc.ca](mailto:danna@ywalc.ca)

## **YWALC Annual Health Fair**

**Thursday March 15, 2018**

**9:00 am - 1:00 pm**

- **Informative Presentations**
- **Live Demonstrations**
- **Community Agency Representatives**

Our friendly staff will be on hand to welcome you and answer questions about York West Active Living Centre (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 as well as answer any questions you may have.



**Light refreshments will be provided**

**Door prizes to be won!!**

**For more information call YWALC @ 416-245-4395**

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

**This event is hosted by York West Active Living Centre (YWALC) in partnership with the Older Adult Centres' Association of Ontario and sponsored by the Ministry of Seniors Affairs**

## National Volunteer Week is April 15 - 21, 2018

*Ask  
Allegra*



**National volunteer week** is a time to thank Canada's 13 million volunteers for the time they dedicate to helping others.

Based on Statistics Canada research, almost 1 in 2 Canadians (47%) volunteered their time, energy and skills to non-profit and charitable organizations. On average, youths and young adults aged 15 to 34 recorded only about one-half as many hours as seniors.

The vast majority of volunteers are motivated by their desire to contribute to their community: 93% gave this reason in 2010. Additionally, more than three-quarters wanted to make good use of their skills and experience; over one-half said that they had been personally affected by the cause the organization supported; and 48% volunteered because they had friends who were involved.

Lack of time is the most commonly reported barrier to volunteering. Also, 45% had not become involved because no one had asked them to, **don't wait ask Allegra today!**

[www.statcan.gc.ca](http://www.statcan.gc.ca)

Why wait? Ask Allegra today if there is a volunteer opportunity for you. Allegra is always looking for volunteers, so speak up! There are hundreds of volunteer jobs big, small, seasonal, once a week, once a month even once a year, we got it all!

Allegra is currently looking for volunteers for;

- **The Health Fair**  
(March 15, greeting/outreach/kitchen)
- **The kitchen**  
(serving tables/prepping vegetables/tidying up)
- **Gardening**  
(tidying garden beds/planting/pruning/watering for Spring & Summer)

WE LOVE  
OUR VOLUNTEERS

## YWALC Volunteer Appreciation Lunch Thursday April 19, 2018

Our Volunteers are always ready to jump in and lend a hand, foot or a shirt off their back, so once again 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 the centre will be closed this day**





### Day Trips to Casino Rama

Wednesday March 14, 2017  
&  
Wednesday May 9, 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

### Canada Blooms Show 2018

Friday March 16, 2018  
Transportation: Members - \$12.00  
Non-members - \$17.00

### Aga Khan Museum

Friday March 23, 2018  
Transportation: Members - \$15.00  
Non-members - \$20.00

### Woodbine Shopping Centre & Woodbine Racetrack/Slots

Friday April 6, 2018  
Transportation: Members - \$15.00  
Non-members - \$20.00

### Cloverdale Shopping Mall

Wednesday April 18, 2018  
Transportation: Members - \$15.00  
Non-members - \$20.00

### Free Performance Series at Richard Bradshaw Amphitheatre - Gadfly Dance - UNBXBL 2 Dance

Wednesday April 25, 2018  
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

## Day Trip Carmen's Dinner Theatre Tuesday May 8, 2018



### Kings of Classic Country

Celebrate the music of Buck Owens, George Jones, Merle Haggard, Marty Robbins, Roger Miller, Conway Twitty, Glen Campbell and of course, the legendary Hank Williams.

**Farm Market:** Enjoy some browsing time before heading off to the theatre!

**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 April 1, 2018**

**Payment is required when booking**

### Aga Khan Museum

Friday March 23, 2018

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



**Listening to Art, Seeing Music** offers ample opportunity to engage directly with musicians and musical traditions. At the heart of it all, in the Museum's central courtyard, a Mongolian yurt — traditionally a warm communal gathering space and shelter from the elements — welcomes visitors to listen to live music, join musical conversations, experience stories of music-making, and share a cup of tea.

Thank You



Eileen McKinney  
Sampat Sampat  
Kim Barker  
Weston Lion's Club

**Our Board of Directors**

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

**Board Members at Large**

Joanne Bunton  
Barbara Collas  
Cathy-Ann Cope  
Barbara Shiells  
Anne Peacock  
Mike Vandenberg

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](mailto:danna@ywalc.ca)



**Words of Wisdom.....**

**Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.**

Robert Schuller



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

