



**Stay Active, Be Fit, Live Well Walk-a-thon  
 Saturday June 10, 2017**

Last year **YWALC** started a new tradition of walking in our own neighbourhood. What a success it was. We raised over \$5,000.00 dollars and had our best ever turnout of volunteers and walkers. We are all looking forward to another great year!



This family event will raise funds that come directly to our centre. Participants will be walking or running 2K or 5K in and around Weston. The starting point this year will be **YWALC, rain or shine**. If you are unable to walk with us you can always sponsor a walker and/or volunteer.

We will need a lot of help this year, we are looking for **Volunteers** to help along the route handing out water, directing walkers, and manning information tables.

Registration forms will be available in May from Rita.

Registration is \$10.00 for older adults 55+ and children 14 and under, \$20.00 for adults (15 - 54) and \$40.00 for families.

Registration includes a YWALC bag for the first 15 registrants.

Check for walkers names on the Welcome Room windows or the sponsor me signs on staff jackets.

Starting Monday May 8th and every day until the 'Walk' each program will have a **bright orange donation bag** dropped off to their room. Please put any pocket change that you can spare into the bag. Last year we raised \$776.65 in those little bags. After the 'Walk' the program with the largest pocket change donation will win a prize for each of the program participants. Last year the Pilates class won an end of Spring Session Pizza party as their prize. Who will it be this year?



**Summer Program Registration**  
 Begins on Thursday June 1, 2017 @ 8:30am  
 Information about the summer session will be available at reception and our website on this date. Summer programs will begin on Tuesday July 4, 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

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

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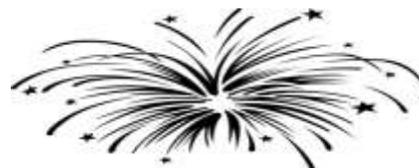
Office Hours of Operation  
 Monday to Friday 8:30 am - 4:30 pm

1901 Weston Road  
 Weston, Ontario M9N 3P5

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**Centre Closures**

**Victoria Day  
 Monday May 22, 2017**





Mother's Day Sunday May 14, 2017



Effective  
Monday  
May 8, 2017

Due to increasing costs  
Coffee, tea and muffins  
will rise to .75 cents



Tell  
Your  
Story  
In  
Six  
Words

'My City My Six' is a participatory public art project that will reveal Toronto and its residents in celebration of Canada 150, six words at a time. Come create your own 6-word story in our upcoming workshops where we'll explore *comedy, digital storytelling, poetry* and *spoken word*.



## My City My Six Workshops

### SPOKEN WORD Workshop

TUE MAY 23, 2017 12-2PM

Facilitated by Patrick Walters

### DIGITAL STORYTELLING Workshop

WED MAY 24, 2017 10AM-12PM

Facilitated by Chris Green

### POETRY Workshop

THU MAY 25, 2017 10AM-12PM

Facilitated by Joshua "Scribe" Watkis

### COMEDY Workshop

MON MAY 29, 2017 10AM-12PM

Facilitated by Marie Sotto

Powered by TORONTO TO CANADA

Call 311

[toronto.ca/culturalhotspot](http://toronto.ca/culturalhotspot)



CulturalHotspot  
#mycitymysix



Are you interested in playing  
EuChre  
During the Summer Session?

Please leave your name  
at the front desk

## Information Session New Wheel-Trans Procedures when applying for service

Tuesday May 2, 2017  
Time: 1:00 to 3:00pm

in YWALC Room

York West Active Living Centre's  
Low Vision Group  
invites all members to join them  
for  
a presentation by Sandy Curcio,  
Customer Ability Liaison,  
Wheel-Trans Operations



**Celebrate Canada's 150th Birthday at our  
Annual Canada Day BBQ**

**Friday June 30, 2017 at 12:00 pm  
Tickets \$10.00**



**Wear your Red & Whites**

**Menu**

Pulled Pork Sandwich or Veggie Burger,  
Potato Salad, Creamy Coleslaw, Crudites,  
Punch, Coffee & Tea  
&  
Strawberry Sponge Cake



Tickets on sale Thursday June 1, 2017

**So, it went well, yes?...**

We thank all of you for your patience and understanding in March when we rolled out our new database and started renewing memberships and registering classes all on the same day...whew! Day one started with a line at the door at 7:30am, we had a few bugs in the system to work out but everyone was really understanding. We hope by now most of you have renewed your membership and have been using the new membership tags to sign in. Anyone who still isn't sure about the new sign-in method should let any staff member or the volunteer on reception know and they will give you a little lesson. With this first time out on the system, as was expected we learned a few things, that being said, we have a few changes that we think might make things a bit more seamless next time. Here they are:



- You can only register for yourself and 1 other person.
- We will make every effort to schedule another class when one is full, but again we ask for everyone to please choose a back up program.
- As always, please watch this news page and the monthly calendars for the registration start dates.
- There is an immediate administrative fee of \$5.00 per class change if you wish to switch classes.
- You must pay for programs upon registration and your membership must be in "Good Standing"

We have been thrilled with the comments and suggestions we have received regarding the registration and other things. Keep the comments coming, we do read them, discuss them and they do make a difference. If you would like a response to your comments or suggestions please put your name on it.

## Pick of the crop.....Strawberries!



There's nothing like spotting the first sweet ripe strawberries of the season at your local farmer's market. This year, the warm weather is slow coming in some parts of the country, and that means the strawberries might be still green. But the color shouldn't stop you from buying them: tart green strawberries are all the rage. Chefs are using immature strawberries both fresh and pickled, in everything from salads to cakes.



Strawberries are thought to have been cultivated in ancient Rome. The ancient Romans thought strawberries had medicinal powers. They used them to treat everything from depression to fainting to fever, kidney stones, bad breath and sore throats. The strawberry, as we know it, was originally grown in northern Europe, but species are also found in Russia, Chile, Canada, and the United States.

The strawberry is a small plant of the Rosaceae (Rose) family. All varieties of the strawberry plant belong to the *Fragaria* genus. The strawberry plant is a perennial. This means if you plant one now, it will come back next year and the following and the year after that. It may not bear fruit immediately, but once it does, it will remain productive for about five years.

Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with some 200 of them.

The strawberry is considered one of the most important small fruits grown in the Western Hemisphere. Today every state in the United States and every province in Canada grow the strawberry plant. It grows both as a wild plant and as a cultivated plant.

Choose plump, firm, deep-colored strawberries, with bright green caps and no signs of mold or soft spots. Store strawberries in the refrigerator for 1-2 days. Wash and hull strawberries just before using them. A 12 oz. basket of strawberries will give you 3 1/2 cups whole strawberries, or 2 1/4 cup sliced strawberries.



Strawberries are believed to help reduce the risk of heart disease and certain cancers. They are low in calories and high in vitamins C, B6, K, fiber, folic acid, potassium and amino acids. Strawberries contain high levels of nitrate. This has been shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercising have greater endurance and burn more calories.

Source: <http://www.foodrepublic.com/> & <http://ontarioberries.com>

## Strawberry Cobbler

### Ingredients

- 3 cups fresh strawberries, sliced
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon lemon juice
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 cup sugar
- 1 cup milk
- 1 teaspoon vanilla extract
- 1/2 cup of liquefied coconut oil



### Instructions

1. Preheat the oven to 375 F. Grease a 9-inch casserole or equivalent-sized oven-proof bowl with vegetable oil or cooking spray.
2. Slice the strawberries and place in a bowl. Toss the berries with a 1/4 cup sugar, vanilla and lemon juice. Set the berries aside.
3. In a small mixing bowl, mix the flour, baking powder, salt, cinnamon and a 1/4 cup sugar. Stir in the milk, vanilla and coconut oil just until mixed. A couple lumps in the batter is just fine.
4. Pour the batter into the prepared baking dish and drop the strawberries around the top. Make sure you pour all the juices on top.
5. Bake at 375 for 35 - 40 minutes or until the cobbler is golden brown on top and cooked in the middle. Test the middle of the cobbler with a toothpick or knife ... it should come out completely clean. If it's not clean, bake a few minutes longer.

Source: <http://www.sumptuouspoonfuls.com/>



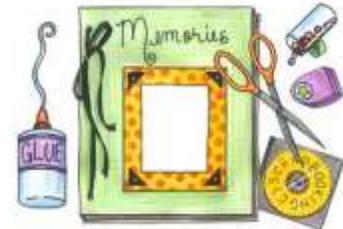
## This is my Legacy Scrapbook

Starting Friday May 12, 2017  
(15 weeks)

Time: 10:00 am to 12:00 pm

Cost: \$30.00

(all materials included)



## Cook with Me

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
Starting Tuesday May 9, 2017  
1:30 - 3:30 pm



Learn how to cook a dish from your fellow member's homeland  
and learn about traditional food from other  
countries

**It's a great way to learn, cook and  
laugh together!**

Cost: \$2.00 per class (ingredients included)  
(see bulletin boards for dates)



Register at the front desk

## Changes to the volunteer program

As with all programs, they require a little tweaking every now and then. Here are listed some of the most recent tweaks and reminders for all of our valued volunteers.

**A minimum of 15 hours per year are required to be eligible for the volunteer lunch.**

**All volunteers must log their hours in the My Seniors Center database. If you are not aware of the procedure please see Allegra.**



YWALC values all of our volunteers, however, please be reminded that all volunteers must be registered in the Volunteer Program and be assigned a task by the Volunteer Coordinator.

For more information on volunteering and to find a task suited to your own unique abilities please contact Allegra at 416-245-4395 ext. 233 or e-mail at [allegra@ywalc.ca](mailto:allegra@ywalc.ca)

## June is...



## Save it Forward is coming back

We are very fortunate to have been chosen once again to participate in the **Save it Forward** program at **Real Canadian Superstore**. The next program date is May 17 - July 8, 2017

For instructions on how to participate please ask Danna



## New Lunch Menu Options Coming Soon

**Annual General Meeting  
Thursday June 29, 2017  
This is a Voting Year!**

Time: 2:00 pm onwards

Room: Centre 2

Everyone is welcome to attend

See flyer for more info



**Father's Day Sunday June 18, 2017**



### Day Trips to Casino Rama

Wednesday May 10, 2017  
&  
Wednesday June 14, 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

### COC - Free Concert Series

#### Tenor Aaron Sheppard

Wednesday May 10, 2017

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

### Cloverdale Mall

Monday May 15, 2017

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

### Montgomery's Inn

#### Opening Day

### Outdoor Summer Market

Wednesday May 24, 2017

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

### Mandarin Restaurant

### Shopping at Zellers & Winners

Friday June 2, 2017

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

### St. Jacobs Market

Tuesday June 13, 2017

Transportation: Members - \$30.00  
Non-members - \$35.00

### St. Jacobs Market

Tuesday June 20, 2017

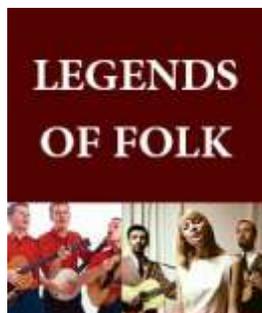
Transportation: Members - \$30.00  
Non-members - \$35.00

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**

### Have a Great Idea for a Trip?

By van or by bus, your suggestions are always welcome, contact Danna about your trip ideas or things you would like to see.

By suggestion box, phone 416-245-4395 ext 223 or email [danna@ywalc.ca](mailto:danna@ywalc.ca)



Thank You



Donna Volpe

Weston Lions Club

Margaret Wilson

Violet McKinnell

CBS Tours

Zeal Burgers

Bingo Group - In memory of Nellie Aiken

Marilyn Brooks - In memory of Brenda McClymont

Marie Bunda - In memory of Doris Johnston

Anonymous - In loving memory of Gail Day

Loblaws Inc. - Super Store Save it Forward Program

**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

Barbara Collas

Cathy-Ann Cope

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](mailto:danna@ywalc.ca)



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

DON'T LOOK BACK  
AND ASK WHY... LOOK  
FORWARD AND ASK  
WHY NOT? [seetallah.tumblr.com](http://seetallah.tumblr.com)

**Happy Senior's Month  
June 2017**



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

