



Winter Program Registration

Begins on Monday December 3, 2018

Information about the winter session will be available at reception and our website by this date.

**Fall Instructional Programs end the week of
December 10, 2018**

Dec 17 - 21; make up classes and social programs only.

**Winter programs will begin on
Wednesday January 2, 2019**

For information
call us at 416.245.4395

- Manager, Direct Service, 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 and Centro Esperanza information call Jessica at ext. 225
- 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



Tuesday December 25, 2018

Wednesday December 26, 2018

Tuesday January 1, 2019

Centre is open Dec 27, 28, 31, 2018

Holiday Raffle



Draw date

December 5, 2018



3 Tickets for \$5.00

15 Tickets for \$10.00

40 Tickets for \$20.00

Each basket is valued over \$100.00



Put your name on half the ticket and drop that half in the jar in front of the basket(s) you want to win.

Purchase tickets from the volunteers at the Raffle Table in the hallway

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

Sunday
November 4, 2018
2:00 am



Set your
clocks
BACK
one hour
before
going to
bed
tonight.



Sunday November 11, 2018

Holiday Luncheon

Wednesday December 5, 2018

Menu: Full Turkey Dinner

- Turkey (Tofurkey also available)
- Mashed potatoes
- Cranberry sauce
- Veggies
- Stuffing
- Rolls
- Dessert



Cost: \$15.00
Registration starts Nov 1st

Doors open at 9:00 am for the bazaar and cake sale

Lunch is served at 12:00 pm

Interactive Entertainment by the Salsa & Hand Dance programs

No programs on this day

Register by Wednesday November 28, 2018

Events Disclaimer

YWALC does not endorse the products or services offered, by any vendor at any event on its premises. You agree that YWALC will not be held liable for any losses or damage to any person or property, in connection with the use of, or reliance on, any products or services offered by any vendor.



Danna!

The HR Committee would like to congratulate Danna on her promotion at YWALC. Effective Monday October 29, 2018 **Danna McBride** is our new **Manager, Direct Service.**

YWALC is very lucky to have Danna leading our program team.



Safe Space For All

A presentation by the UNB-Humber Nursing Students taking place in the hallway of YWALC

Learn how we can all become more **LGBTQ** inclusive

**Thursday & Friday
November 15 & 16, 2018
9:00 am - 2:00 pm**

Find answers to the following questions:

- What is a safe space? Why is it important?
- What are the different terms associated with a safe space and the LGBTQ community?
- What are the appropriate ways to communicate with others who are in diverse relationships?



Raffle prizes available to be won



Your Voice Matters

Membership satisfaction follow-up survey
October 30 – November 14

The UNB-Humber Nursing Students will be conducting a survey to get your feedback on programs and services at YWALC
Surveys will be available in English, Italian and Spanish
Surveys will be handed out at YWALC by staff members and nursing students



Each survey participant will be entered into a raffle to win a prize
For more information speak to Humber nursing students or YWALC staff

Refreshments will be available

All responses will remain private and confidential



Annual YWALC Bazaar & Cake Sale



Visit the hallway at YWALC

**Monday to Friday
November 19 to December 7, 2018
9:00 am to 2:00 pm**



Sale will include crafts made by the Low Vision Craft Group, Craft Club Social Group and Knit & Stitch Group
Jewellery by Margaret & Pauline, White Elephant Table, Cake sale by Weston Lions Club and many more...



Get your holiday shopping started!



Vegetable of the month...Rapini

This cultivated vegetable descends from a wild herb related to the turnip that grew either in China or the Mediterranean region. Rapini is now grown throughout the world, and is available all year long with a peak season of fall to spring. Also known as Italian turnip, broccoletto, *cime di rapa* and *broccoli rabe*, Rapini, makes a delicious side dish when it's sautéed and seasoned with fresh garlic, pepper, and a pinch of salt. Culinary aspects aside, the slightly bitter-tasting leaves and stems of Rapini are also supercharged with a range of nutrients. Thanks to its broad nutritional profile, rapini can offer a whole host of health benefits to those who have the courage to befriend this relatively unknown member of the Brassica family of plants. Here's a lowdown of the most interesting health benefits of Rapini.



1. Rapini has cancer-fighting properties

Rapini contains powerful cancer fighting phytochemicals. These phytochemicals help prevent cellular damage caused by free radicals and maintains a healthy hormonal balance for both men and women.

2. Rapini helps keep bones strong

Rapini's bone-strengthening properties are the outcome of its vitamin K content. One half cup serving daily is enough to keep your bones from thinning. A study of nurses found that those consuming 109 mcg of vitamin K a day had a lower risk of hip fracture over a 10 year period.

3. Rapini lowers the risk of heart disease

Rapini contains strong anti-inflammatory nutrients, such as folate and vitamins C. Both nutrients reduce The type of amino acid that can damage the arteries causing coronary heart disease.

4. Detox and heal with rapini

Rapini is one of the many cruciferous vegetables that contain sulfur. Sulfur contains a compound that assists detoxification of the liver. This compound has also been shown to reduce inflammation in arthritis patients.

5. Improve insulin sensitivity with rapini

Rapini contains two grams of fibre for every cup. Specifically, the fibre in rapini is soluble fibre, which slows transit and digestion time in the GI tract.

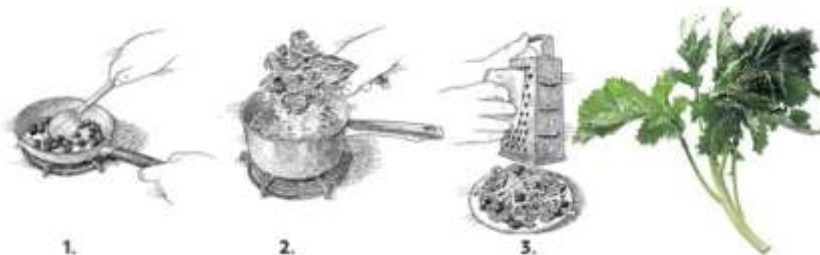


<https://www.chatelaine.com/health/diet/rapini-the-amazing-health-benefits-of-the-broccoli-relative/>

Sautéed Rapini

Ingredients (4 Servings)

- 2 or 3 tbsp extra virgin olive oil
- 2 large or 3 smaller cloves of garlic
- 2 or 3 tbsp of water
- salt, preferably Kosher or sea salt
- one bunch of rapini, washed and trimmed (do not remove the stalks entirely, just tips)
- (optional: crushed red pepper flakes, parmesan cheese or fresh/dried cayenne pepper)



Instructions

1. Put the oil, garlic and pepper in a frying pan over medium high heat. Cook until garlic just starts to brown.
2. Add the rapini (cut in half if the bunch is really long)
3. Turn the greens quickly, then cover and sauté for a few minutes, occasionally turning. Add salt to taste. Lower the heat, if necessary.
4. Don't overcook the rapini, the stalks should still be a bit firm/crunchy when done; after 5 or 6 minutes you should probably start checking for doneness. The best way to check is to taste a piece (and check for salt too.)

<https://www.christinascucina.com/sauteed-rapini/>

Join us for a free Workshop on Diabetes

Diabetes Awareness Month 2018
"Family and Diabetes"

Presented by
Diabetes Education Program
Rexdale Community Health Centre



-DIABETES
CONCERNS
EVERY FAMILY*

CAN YOU SPOT
WARNING SIGNS OF
DIABETES?

CAN YOU PREVENT
TYPE 2 DIABETES IN
YOUR FAMILY?

DO YOU KNOW HOW TO
LOOK AFTER A FAMILY
MEMBER WITH
DIABETES?



Blood Sugar Test

When: November 15, 2018

Where: YWALC, 1901 Weston Road

Time: 10:00 am – 12:00 pm

****Come in early for free door prizes****

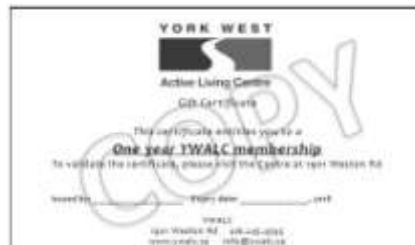


REXDALE
COMMUNITY HEALTH CENTRE



**The Perfect Holiday Gift
YWALC Gift Certificates**

Don't know what to get that hard to buy for friend.....YWALC Gift Certificates make the perfect gift! You can purchase a membership, lunches or YWALC Bucks good towards programs and services like instructional programs and social transportation. How about a certificate for a massage!



Depression or low mood? Worry or anxiety? Living with chronic pain? Concerns about drugs or alcohol? Stressful life changes (family, relationships, work)? West Reach provides a wide range of counselling services for adults

YWALC can refer you to the
WestReach Team

Speak to Suzanne or Danna for referral



**Hand Dance
Workshop**



Mondays

November 5 - December 17

1:00 to 1:30 pm

Location: Centre 2
&

Thursdays

November 8 - December 20

10:15 - 10:45 am

Location: Welcome Room

Cost: Free (7 weeks)

Membership /required Register at the front desk



**Salsa Dance
Workshop**



Wednesday's

November 7 - December 19

(No class December 5, 2018)

Time: 11:15 am to 12:15 pm

Location: Centre 1

Cost: \$6.00 (6 weeks)

Membership /required Register at the front desk

Joining the Volunteer Team

If you Google "benefits of volunteering" you will find lots of articles. There are the numerous benefits that we all know, such as, volunteering is good for your mind and body, volunteering helps counteract the effects of stress, anger, and anxiety, volunteering combats depression, volunteering makes you happy, volunteering increases self-confidence and volunteering provides a sense of purpose. But there are many sub benefits or micro benefits if you will, like in the case of the younger generation the benefits are often building experiences, making connections, improving ones resume and acquiring self confidence to name just a few.

But, why volunteer at YWALC?

Because YWALC could not stay open without volunteers

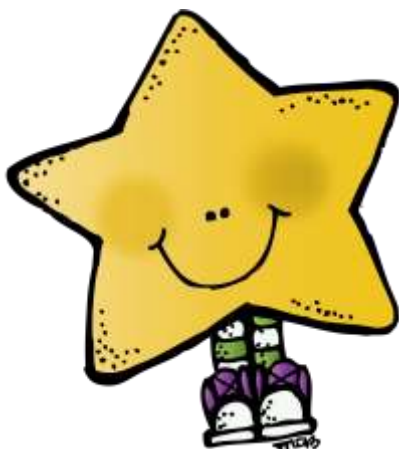


Because YWALC is a gem

Because YWALC is family



Because at YWALC you're a STAR!



If you have a little bit of time to spare, just ask for the Volunteer Application Form at the reception desk or from Allegra, take 5 minutes to complete it and give yourself the opportunity to be part of our great Volunteer Team.



Dear Allegra,
I am a convenor of a social program here at YWALC and I'm having trouble convincing my group to not eat in the program room. Can you tell me some of the reasons why the groups can no longer eat in the programs rooms?
Signed
Cookie Crumbleton

Hi Cookie,
I'm so glad you asked Cookie! Here at the Centre there is always lots of food, we love to share and our partner Second Harvest is very generous but all of the food consumption means a lot of small accidents on the floors and tabletops. As we are a small staff here it is easier to clean the hallway several times a day than to clean all of the rooms several times a day. A clean program room means that we can also get ready for the next program in less time to accommodate more people. There are a few other tiny little reasons that shall remain nameless. So please keep asking members in the program rooms to eat in the hallway!
Happy snacking!
Allegra



Shake a volunteer's hand

Volunteers are a very special breed.
They're not afraid to step in when they see the need.
They're always willing to lend a hand,
To lift someone up who's sinking in quicksand.
They always have something encouraging to say,
And they manage to say it in the kindest way.
They share their skills, talents and time.
And in return, they don't ask for a dime.
So the next time you meet with some volunteers,
Shake their hands, and let them know you're happy they're here.





Next Day Trip to Casino Rama

Tuesday November 6, 2018
Tuesday December 4, 2018

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 with players card or government issued photo ID 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

Markham Home for the Holidays Show

@

Markham Fairgrounds

Friday November 16, 2018

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

Distillery District &

Toronto Christmas Market

Friday November 23, 2018

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

Cloverdale Mall

Monday November 26, 2018

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

Sherway Gardens Shopping Mall

Thursday December 20, 2018

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

and many, many more.....



Van Trip to Niagara Lights Shopping & Dinner Out

Friday December 7, 2018

Shopping at the Outlet Collection at Niagara
- 300 Taylor Rd, Niagara on the Lake

Dinner at Betty's Restaurant

- 8921 Sodom Rd, Niagara
&

Winter Festival of Lights

a leisurely drive through the 8km long display
along Niagara Parkway

Departs from YWALC: 1:30 pm

Departs from the Outlet Mall to Betty's: 4:30 pm

Departs from Betty's to see lights at: 6:00 - 6:30 pm

Departs from Niagara to YWALC: 7:00 - 7:30 pm

Includes: transportation by YWALC Van,

Driver escort and donation to Winter Festival of Lights

Members \$ 59.00

Non - Members \$ 64.00



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

Thank You



Evelyn Tennyson

Rolande MacKinnon

Cedric Cyr

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



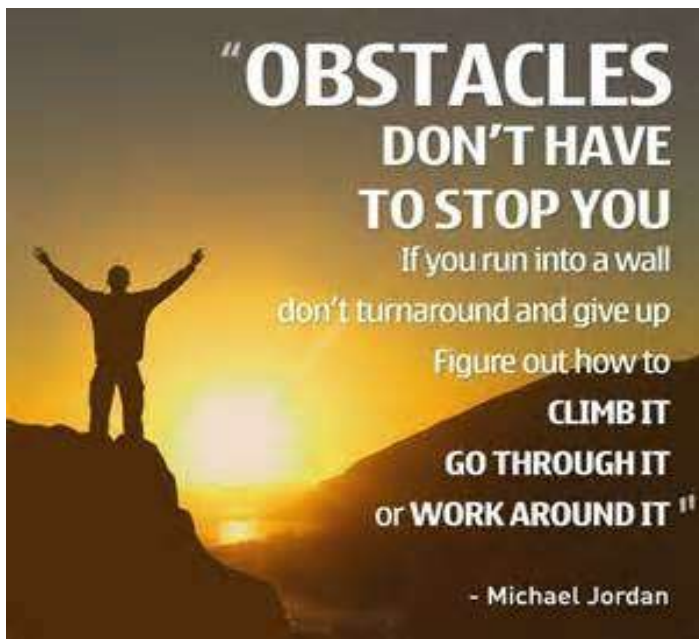
Third Annual YWALC Walk-a-Thon a Success!!

Thank you to everyone who participated in the third annual **Stay Active, Be Fit, Live Well Walk-a-Thon on October 13, 2018.** Thank you to all



of our sponsors who gave in support of the walkers. So far, we have raised over \$4,000.00 from sponsor and pocket change donations. The orange bag pocket donations did great this

year and the group that came up with the most pocket change this year was Standing Drum Fit Friday, they will enjoy a little party. Thank you for digging deep Standing Drum Fit and thank you again to everyone who dropped change into the bags or sponsored a walker, we could not do it without you!!!!



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

