



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 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

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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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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

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Centre Closures

**September 3 - Labour Day**  
**October 8 - Thanksgiving**



**Fall Social Programs begin  
 Tuesday September 4, 2018**

**Fall Instructional Programs begin  
 Monday September 10, 2018**

**YWALC**

Invites you to attend our annual  
**Open House & AGM**  
 1901 Weston Road, main floor

**Thursday September 6, 2018**

**9:30 am - 12:30 pm**



Join us as we showcase YWALC's great instructional and social programs with live demonstrations and workshops. Our friendly staff and instructors will be on hand to answer questions about our services.

We encourage you to invite a friend to this event and share the wonderful excitement that is York West Active Living Centre.  
 See you there!

**Did you know...**

YWALC is open 251 days a year! That makes a non-voting membership a mere twelve cents a day and a voting membership just fourteen cents a day. Just pennies to pay to **Stay Active, Be Fit and Live Well.**



**Winter Program Registration**

Begins on Monday December 3, 2018. Information about the winter session will be available at reception and our website prior to this date. Winter Programs will begin on Wednesday January 2, 2019.



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

## Stay Active, Be Fit, Live Well Walk-a-thon Saturday October 13, 2018

Last year **YWALC** continued the tradition of walking in our own neighborhood with our second annual Stay Active, Be Fit, Live Well Walk-a-thon. Another great success it was. We raised over \$4,000.00 dollars and had our best ever turnout of volunteers and walkers. We are all looking forward to another great year!

This family event raises funds that come directly to our centre. Participants will be walking or running 2K or 5K in and around Weston. The starting point 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 September from Danna.

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

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

Starting Monday September 17 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 \$736.15 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 Friendship Group had the highest bag donations and in lieu of an end of session party they donated their prize back to the centre, thank you friendship group! What group will it be this year?



## YWALC Upcoming Clinics

YWALC offers various clinics in partnership with other organizations:

### Upcoming clinic dates:

**Diabetes Clinic** - Sept 20, Oct 18, Nov 15, Dec 20

Call 416-245-4395 to book an appointment

**Foot Clinic** - Sept 12, Oct 10  
Call 416-245-4395 to book an appointment (fees apply)

**Hearing Clinic** - Sept 7, Dec 7  
Call 416-245-4395 to book an appointment

**Massage Clinic** - Sept 10, Oct 1, Nov 5, Dec 3  
Call 416-245-4395 to book an appointment (fees apply)

**Reflexology Clinic** - Oct 9, Nov 13, Dec 11  
Call 416-245-4395 to book an appointment (fees apply)



## To snack or not to snack....

**Starting September 1, 2018**, and going forward, all members are welcome to have snacks and drinks in the hallway before and after programs and during breaks, however, **there will no longer be food or drink allowed in the program rooms** with the exception of water.



As of September 2018, we will no longer have the YWALC room in the building hallway. All programs will be held in the main centre. Please check the fall program schedule for any room changes and see below the programs that have new rooms;

**Italian Class** will be in **MK Room**

**HOPE - English Class** will be in **MK Room**

**Low Vision Craft Group** will be in **Games Room**

**Karaoke** will be in **Welcome Room**

**Conversation in Italian** will be in **Welcome Room**

**Musical Memories - Italian Music** will be in **Welcome Room**

**Easy Spanish Class** will be in **MK Room**

**Watercolour Painting** will be in **Games Room**

# Check out what's new at YWALC this Fall 2018

**Mondays & Saturdays starting September 10**

**Mondays 10:15 am - 12:15 pm and Saturdays 9:30 - 11:30 am**

**Open Circuit Workout** - 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 in a gym like atmosphere, this class will include multiple circuit stations like: Cardio training, strength, mobility, flexibility & balance exercises, all adapted to your own ability. An instructor is on hand should users require personal attention or instruction on equipment use, however there is no formal class instruction or time limit. **Drop in fees of \$1.00 only apply.**

Mondays class takes place at **YWALC in Centre 1**

Saturdays class takes place at **YWALC in Centre 1 & 2**



Funded by:  Ontario

*Ontario Sport and Recreation Communities Fund*



## Classes Returning for Fall after a Summer Hiatus

### Low Vision Craft Group

starting September 4 10:00 am - 12:00 pm in Games Room

### Karaoke

starting September 4 1:00 - 2:30 pm in Welcome Room or Hallway

### Fit for Life

starting Tuesday September 11 9:30 - 10:30 am at YWALC in Centre 1 & 2

### Tai Chi

starting Thursday September 13 1:45 - 2:45 pm at YWALC in Centre 1

### Watercolour Painting

starting September 14 9:30 - 11:30 am in Games Room

## Programs Not Returning for Fall

Modern Square Dance, Belly Dance and Duplicate Bridge



**Tuesdays starting September 11 until October 2, 2018 Cost \$ 15.00 ( 4 weeks)**

**12:00 - 1:00 pm**

**Free Your Joints - Yoga Series for Joint Mobility** - In this Yoga based class series; participants will be taken through movement sequences that focus on increasing range of motion and strength, in the major joints around the spine, shoulders, wrists, hips, knees, and ankles. The class will also include information about how joints work and some tips on how to maintain mobility. Chairs will be used for extra support. The class takes place at **YWALC in Centre 2**



(All of the above programs require membership and a fee at registration)



## Self Serving...

Now that the busy season is here again we would like to remind everyone that coffee and tea are self service. The welcome room and the kitchen both have self service coffee/tea bars which the kitchen volunteers stock up regularly. If you notice dwindling stir sticks or creamers and such, please let a volunteer know, they will be happy to stock up. Only those who are unable will be served.

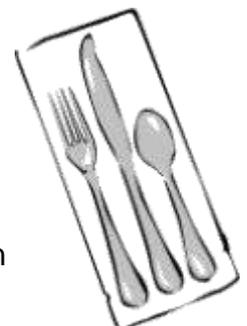


**Coffee/tea will only be served when included with lunch.**

## Kitchen Technicalities...

We have a few new things brewing in the kitchen for September 1...

- When you sit down with your lunch ticket your table will be set .
- All lunches will be served in the kitchen.
- Please tell the volunteers how awesome they are!



## Fruit of the month...Cranberry

Cranberries are native to Canada's Atlantic provinces, where they grow wild and are sometimes known as "marsh apples." They have become big business in several Canadian provinces—Canada, in fact, is the world's second-largest producer of this tart red fruit.

Cranberry plants prefer wet soil, preferably made up of sand and peat, which is why the fields are called "cranberry bogs." Canadian cranberries are harvested in early to mid-autumn, when they have ripened to a glossy, deep red. Berries that are to be sold fresh are harvested dry, using a machine that combs the berries off the vines.

To harvest cranberries for processing, however, the grower floods the bog to a depth of several inches and a mechanical beater knocks the berries into the water; as they float, they are pumped into trucks for transport to the processing plant. Canada's abundant supply of pure water and fertile soil means that cranberries, grow in clean, healthy conditions. Because of our cool climate, our cranberry producers need only small amounts of pesticides to produce a bountiful crop.



### Cranberry Fun Facts

- These plants age well! It's possible to find 100 year-old vines that are still producing cranberries.
  - The name 'cranberry' may have come from German and Dutch settlers who found the cranberry plant resembled the head and neck of a crane, and thus named it a 'crane-berry,' eventually shortened to 'cranberry.'
- William McNeil planted Canada's first commercial bog in Nova Scotia in 1870.
- Sailors learned to eat cranberries before long voyages. They believed the berries provided protection from scurvy.
  - Cranberries were so important to early settlers, laws were passed in some areas to prevent wild bogs from being picked illegally.
  - We know cranberry sauce as a staple at the holidays, but cranberries are a super food that you should enjoy all year round. In disease-fighting antioxidants cranberries outrank nearly every fruit and vegetable.
  - They are low in calories and high in vitamin C, vitamin A, and vitamin K.
  - Historically, they have been used by Native Americans as a treatment for bladder and kidney diseases.

Source <https://thehumblegardener.com> & <http://www.agr.gc.ca/eng>

## Cranberry-Almond Broccoli Salad

### Ingredients

- 1/4 cup finely chopped red onion
- 1/3 cup mayonnaise
- 3 tablespoons of Greek yogurt
- 1 tablespoon of honey
- 1/4 teaspoon salt
- 1/4 teaspoon of black pepper
- 4 cups chopped broccoli
- 1/3 cup dried cranberries
- 4 pieces of bacon slices, cooked and crumbled



**Note:** For a little more pizzazz add walnuts and apples as a garnish or to make it a vegetarian option do not include the bacon.

### Instructions

1. Soak red onion in cold water for at least 10 minutes and drain well, this will take some of the bite out of the onion and give it a milder taste. Alternatively you can soak the onion in lime juice, lemon juice or vinegar, this will take the bite out, soften the onion and add another depth of flavour.
2. Combine mayonnaise and next 4 ingredients (through pepper), stirring well with a whisk.
3. Stir in red onion, broccoli, and remaining ingredients. Cover and chill 1 hour before serving.

<http://www.myrecipes.com>

# Information Session

Presented by: Second Harvest

## Best Before vs. Expiry Workshop

Tuesday October 23, 2018



Storage : Store below 30°C  
Mfg. Date : 20MAY2010  
Exp. Date : 20MAY2015  
Lot No. : 0E894



Time: 11:30 am to 1:00 pm  
in MK Room



There are different kinds of date markings, depending on the product. The most common terms are "best-before" dates, "packaged on" dates, and expiration dates. Knowing what these terms mean will help you understand the labels, which in turn will help you make informed choices about the food you buy.

Please register at reception by October 15, 2018



### October is Breast Cancer Awareness Month

This makes it the perfect time to put your health first and get screened. Breast cancer is the most common cancer in Canadian women, it is estimated that 11,762 will be diagnosed this year in Ontario alone.

Women 50-74 who are at average risk for breast cancer (no family history and no symptoms) can be screened with a mammogram every 2 years **without** a referral, at one of the 30 Ontario Breast Screening Sites in our region.

Talk to your health care provider about all your screening questions.

Call the **Ontario Breast Screening Program** to book your mammogram at a location near you!

1-800-668-9304



### Cervical Cancer Awareness Week is October 15-19

Cervical Cancer is almost entirely preventable with proper screening and follow-up! Women 21-69 who are or ever have been sexually active should be screened for cervical cancer with a pap test every 3 years. Women still need to be screened for cervical cancer if they:

- feel healthy and have no symptoms
- are no longer sexually active
- have only had 1 sexual partner
- are in a same-sex relationship
- have been through menopause
- have no family history of cervical cancer

Women who have had a hysterectomy should talk to their doctor or nurse practitioner to see if they need to be screened.

Find out if your Health Care Provider or local walk-in clinic is holding a pap clinic:

<https://fmwc.ca/events/pap-campaign/>

### Did you know...

Did you know that we have more than 40 volunteers who help to run YWALC's Instructional and Social programs weekly?

Did you know that more than 50 volunteers are busy with other activities, such as clinics, fundraising and special events?

Did you know that the Board Members are volunteers, not to mention the merry band of receptionists and kitchen volunteers too?



Yes,! YWALC has more than 100 volunteers who dedicate their time and experience to keep our Centre alive and vibrant.



Dear Allegra,

I have been taking care of a family my whole life, first it was my spouse and kids, then my parents. I kept thinking that when I didn't have to take care of anyone it would be great, but, I miss the hustle and bustle in my kitchen. I need to do something and the busier the better!

Signed,  
Candy Candu

Dear Candy,

There are so many people in your position and it is important to stay active and engaged in the community. It just so happens that we have a great big kitchen here at YWALC that requires a number of volunteers on a daily basis, and the fact that you have years of experience in taking care of a family is a bonus for us. Come and speak to me.

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](mailto:allegra@ywalc.ca) also you can call me at the centre 416-245-4395 ext. 233.

### In case you haven't laughed today...

#### Funny Reasons to Volunteer

- When you stay home you get too many telemarketing calls.
- Your family could use a break.
- You might need help yourself some day.
- It's hard to win a game of solitaire.
- Soap operas all sound alike.
- If you don't go out each day, you get old.
- The car needs a workout.
- You have started to invite the meter reader in for tea.



It's nice to be important,

**BUT**

it's more important to be nice



### Reminder...

Remember to be nice, polite and respectful to our volunteers ALWAYS! We could not keep the doors of this centre open without volunteers, they are truly the backbone of this organization. Our volunteers come from all walks of life, but, the one thing they all have in common is their desire to help others. At YWALC we strive to match our volunteers to a position perfect for them. If any member has an issue or concern about a volunteer please talk to Allegra.



## Day Trips to Casino Rama



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 \$10.00 slot voucher  
with players card 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

### Toronto Zoo - Seniors Day

Monday September 10, 2018

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

### Cloverdale Mall

Monday September 17, 2018

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

### Lunch Out @ Mandarin

&

### Shopping @ Winners

Friday September 28, 2018

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

### Cambridge Butterfly Conservatory

Friday October 12, 2018

Transportation: Members - \$25.00  
Non-members - \$30.00

### Springridge Farm

Friday October 19, 2018

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

### Vaughan Mills Premier Outlet Mall

Friday October 26, 2018

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

and many, many more.....



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

## Van Trip to Kortright Centre for Hiking/Polewalking Friday September 21, 2018



Courtesy of Park People  
partnered with the Greenbelt  
Foundation, enjoy a day in  
the Greenbelt at Kortright  
Centre for Conservation.

park people



Members can enjoy free  
transportation to and from  
the Kortright Centre as well  
as free admission and a  
guided tour by one of our  
volunteers.

Advanced Group (walking time 2hrs)

Departs from YWALC at 9:30 am

Departs from Kortright at 1:30 pm

Beginner/Intermediate Group (walking time 1hr)

Departs from YWALC at 1:00 pm

Departs from Kortright at 4:00 pm

Register by Monday September 17, 2018  
(limit ten members per group) Members only



### Grocery Shopping Dates

September 7, 21 October 5, 19

November 2, 16, 30 December 14, 28

Grocery shopping to superstore on the above  
dates \$6.50 round trip for members in the local  
area. Please book by calling reception  
416-245-4395 in advance.

Thank You  
to our donors

Carol Johnson - In memory of Maggie Knap

Marica Beg

### 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  
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)



**"The privilege of a lifetime is to become who you really are."** ~Carl Jung



SMART Living 365.com



### Say Hello to Kia!!

Kia is the new chef you have seen in the kitchen lately. Kia comes to us from an accomplished cooking background and is ready to show y'all her talents. Ask Kia about her specialties and should you have any requests please let her know so she can add them to the menu. Welcome to the fall program session Kia we can't wait to try your comfort foods for the cooler weather.

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

