



Great new signage

Did you see the new signage in the hallway and the welcome room? Not sure which room is which? Have a look over the doorway! The welcome room now has our York West Active Living Centre logo and established date on the wall. The new wall logo completes the changes we started last year with the renovation of the old computer lab.



- 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



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

Victoria Day
Monday May 21, 2018



Good Things Coming Up at YWALC in the Near Future...

Good news members
we have been approved for two exciting new grants!

The first grant is from **New Horizon's for Senior's; Drumming Along** - is an energetic fitness class that takes the traditional movements of a seated fitness class or aerobics session and adds the flare of beats and rhythmic movements. There will be two different classes offered at the Centre. The classes will include seated drum fitness and standing drumming fitness.



The second grant is from **Ontario Community Sports and Recreation;**

Open Circuit Workout - Want a program where you can set your own goals, work at your own pace and not feel like you need to compete with others in the program? YWALC's Open Circuit Workout is a self directed workout, individuals will have an opportunity to meet one on one with a Personal Trainer to review their current fitness level, set personal goals and have an individualized routine established.



Summer Students - Once again we are approved for two summer students, one will focus on Marketing and Social Media and the other will focus on Programs and Kitchen.



Summer Program Registration

Begins on Friday June 1, 2018 @ 8:30am
Information about the summer session will be available at reception and our website prior to the date of registration.
Summer programs will begin on Tuesday July 3, 2018

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

"Kick up your heels"

June is Older Adults Month



Janes Walk 2018

Janes Walks are free, community organized neighbourhood tours, volunteer led by the people who live there.

The Weston Historical Society has organized several Janes Walks over the past few years and they are offering another on

**Saturday May 5th at 10:00am.
A River Runs Through It – And
So Much More**

Led by Cherri Hurst and
Mary Louise Ashbourne
10 – 11:30 am | Meet at
St. John the Evangelist School
49 George Street, Weston.

This winter was horrible but, not the worst...

OK, it was a terrible winter and it lasted forever (at least it felt that way), but, If we take a look way back we find out there was a lulu of a winter back in '44. Winter storms don't come much worse than the one that buried Toronto on December 12, 1944. Heavy snow fell for hours overnight and piled into half-metre drifts that buried downtown buildings up to the first-floor windows.

At Queen and Mutual, a streetcar tipped onto its doors, killing one and injuring 43. It took TTC workers and Toronto Police 45 minutes chopping with axes to free the passengers.

Schools, The Toronto Stock Exchange and the ammunition factory all closed. Bread and milk deliveries ground to a halt and Eaton's and Simpson's department stores on Queen St. were closed by weather for the first time in their histories.



Schoolboys and garbage workers were drafted into service to help clear streetcar tracks. As a direct result of the storm 21 people died in Ontario. With that level of tragedy, it hardly matters what the rest of the season was like, let's just call it the worst winter in Toronto's history.

Source: <http://torontopubliclibrary.html> & https://www.blogto.com/city/2010/12/the_great_toronto_snowstorm_of_1944/

Did you know...

Canada has the longest coastline of any country in the world. In fact, if you were to walk around the country (without sleeping, eating, or resting), it would take roughly four and a half years.



Happy Mother's Day



Mother's Day Sunday May 13, 2018



Annual Canada Day Celebration

Friday June 29, 2018 at 12:00 pm

Cost: \$10.00

Lunch Menu

Pulled Chicken Sandwich or Veggie Burger,
Potato Salad, Coleslaw, Crudites,
Punch, Coffee & Tea

&
Ice Cream Bar

(choose your own toppings)



Registration begins on Friday June 1, 2018

Fun new tricks to Strengthen your memory...

Never lose your keys, by pausing for eight seconds!

Simply focusing for eight seconds while you're putting down your keys, will give your brain the time it needs to snap an image of exactly where those keys are! This trick



works for remembering other things like where you parked the car or stowed your umbrella and even remembering names. This technique helps to seal recent experiences into long-term memory.

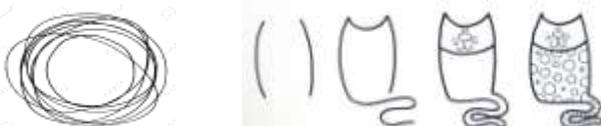
Rev up your power of recall with Candy Crush!

Any activity that requires hand-eye coordination, from juggling to playing Candy Crush to knitting intricate patterns, strengthens mental function and recall.



Help your noodle when you doodle!

According to a recent Mayo Clinic study, flexing your creative muscles supercharges your memory. The study found that enjoying artistic hobbies such as drawing, painting and origami slashed the risk of memory troubles by 73%! It doesn't matter if you are an amateur or a pro: Studies show that even doodling your shopping list stimulates your brain enough to boost recall.



Source: Woman's World 3/26/18



Important News for Bingo Player's...

In order to accommodate more players we will be changing the layout of the tables and chairs. You will see this new set up as of Monday June 4, 2018. As well as the new set up, there will no longer be chairs available to put bags and purses on. Purses and bags can be hung from the chair backs or placed beside you on your table. We are aware that it will require a change on everyone's part and we hope this advance notice will give everyone time to adjust to finding a new favourite spot.



Father's Day Sunday June 17, 2018

Vegetable of the Month..... Arugula



You can call it Arugula or Rocket or Rucola or Roquette or Colewort, but, by any name Arugula is a leafy green plant packed with vitamins, minerals, and antioxidants and is closely related to radish, kale, and cauliflower.

It is a good dietary choice for a healthy body and keeping the mind clear and focused. It contains high levels of folic acid and antioxidants like vitamin C, vitamin K, and vitamin A, which makes it integral in the fight against free radicals. It is packed with carotenoids, as well as many other minerals like potassium, manganese, iron, and calcium, all of which are beneficial and necessary elements in a person's diet.

The health benefits of arugula include weight loss, a reduced risk of cancer, healthy bones, and improved eyesight. It has antioxidant properties and is good for skin. It also helps in strengthening the brain, improving metabolic functions, mineral absorption, and boosting the immune system.

Arugula contains phytochemicals, which are beneficial in preventing cancer. It is also superior to some other leafy greens because unlike other varieties, arugula is low in oxalates, which are chemicals that actually inhibit the absorption of minerals into the body. All in all, arugula is a low-calorie, nutrient-rich food.

The presence of vitamin K in arugula gives an anti-inflammatory boost to your body. Vitamin K also spurs an osteotropic activity in cells, meaning it promotes bone formation.

Arugula is a quick and easy addition in a simple salad or a simple pasta dish like the following;

Pasta: Mix arugula and lime juice in a bowl. Season it with salt and pepper. Cook and drain the pasta and add the arugula mix, olive oil, and cheese.



www.organicfacts.net/health-benefits/vegetable/health-benefits-of-arugula.html



Grilled Chicken with Arugula & Warm Chickpeas

Ingredients

6 tbsp. olive oil, divided, plus more for drizzling
1 15-oz. can chickpeas, rinsed
4 sprigs thyme
¼ tsp. crushed red pepper flakes
8 small skin-on, bone-in chicken thighs (about 2½ lbs.)
Kosher salt and freshly ground black pepper
3 cups arugula with tender stems
1 tbsp. finely grated lemon zest
2 tbsp. fresh lemon juice
Flaky sea salt (such as Maldon)



Directions

Heat 2 Tbsp. oil in a medium skillet over medium-high heat; cook chickpeas, thyme, and red pepper flakes, stirring occasionally, just until warmed through, about 5 minutes. Transfer to a large bowl.

Prepare a grill for medium heat; oil grill grate. Brush chicken with 4 Tbsp. oil; season with salt and pepper. Grill chicken, skin side down, until golden brown and lightly charred, 8–10 minutes. Turn and grill until cooked through, 4 minutes longer.

Toss arugula, lemon zest, and lemon juice into chickpeas. Serve with chicken, drizzled with more oil and sprinkled with sea salt.

Show Your Pride!!

Wear a rainbow of colour
during pride week

June 18 - 24, 2018

Not sure what LGBTQ is?

Join us for rainbow sorbet and a chat.

Information Session - TBA

YWALC is committed to supporting our
LGBTQ community.

Do you have a programming or group idea?

Contact Danna 416-245-4395 ext 223 or email

danna@ywalc.ca

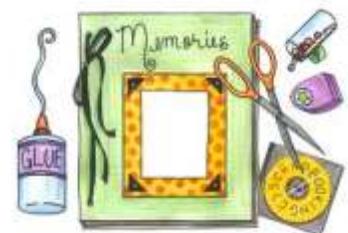
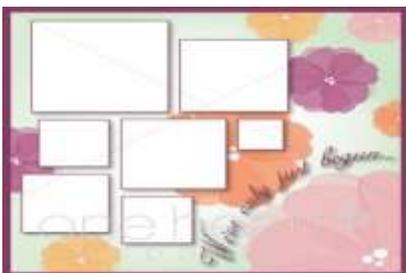
Fun and Easy Crafting with Paper

Thursdays April 5 - June 21

10:15 am - 12:15 pm

Cost \$22.00 (11 weeks)

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!



We will have Fun and Easy Crafting with Paper through the 2018 Summer and Fall Sessions

Volunteer Corner.....

For those who...

For those who worked all their life and they simply cannot stop,

For those who enjoy helping others,

For those who want to donate their time,

For those who want to give back to their community,

For those who need to improve their resume,

For those who want to feel a sense of purpose,

For those who came to the Centre and discovered a way to be happy,

For those who are committed, caring, helpful and generous,

For all of you!

We thank you so very much!



Dear Allegra,

I'm still working but I would like to volunteer on occasion, are there any volunteer jobs on the weekends or evenings?

Signed

Wanda Worksalot

So glad you asked Wanda!

Our annual YWALC Stay Active, Be Fit, Live Well Walk-a-thon is coming up quickly. This year it will be on Saturday October 6. We will be looking for volunteers in late August. We will need volunteers to give directions on the walking course, hand out water from the centre's van, warm up cheerleaders and after walk greeters. If none of those volunteer positions strike your fancy, maybe you would like to walk and help to raise money and awareness for the centre. Be sure to visit this volunteer corner in your news page to get all the great volunteer job postings.



Volunteer Gardeners Wanted!

YWALC's "flower season" is back! If you like gardening, or if you simply like to be outside and feel the earth coming alive once again, come garden with us. Every year we clean up the planters, plant new flowers, tend to the library garden and maintain it during the season. Gardening with YWALC is a great way to connect with the community. The program is very flexible, depending on the weather. This volunteer job requires only a small time commitment.



Canada Day Lunch Volunteers Wanted

Help YWALC celebrate Canada's birthday. We need many volunteers to help make the Canada Day Lunch run smoothly. Allegra has a job for you! Kitchen helpers, greeters, servers, raffle attendants, fun area attendants, reception, day before prep crew, clean up crew, and Ice Cream Bar attendants.





Day Trips to Casino Rama

Wednesday May 9, 2018
&
Wednesday July 11, 2018

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

Friday May 18, 2018
Transportation: Members - \$13.00
Non-members - \$18.00

Montgomery Inn Market

Wednesday May 30, 2018
Transportation: Members - \$8.00
Non-members - \$13.00

Town of Unionville &

Lunch Out @ The Old Country Inn

Wednesday June 13, 2018
Transportation: Members - \$20.00
Non-members - \$25.00

The Power Plant Contemporary Art Gallery &

Lunch Out @ Amsterdam Brewhouse

Tuesday June 26, 2018
Transportation: Members - \$13.00
Non-members - \$18.00

and many, many more.....

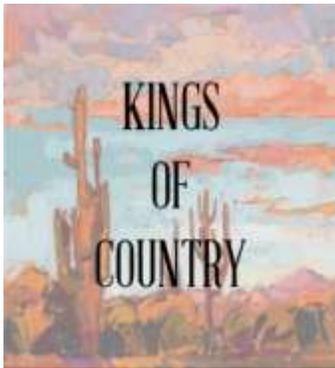


For more information about any
of these trips please check the
Games Room



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. **Bennett's Farm Market**, the smell of cinnamon and cider will waft over you like a wave when you step into the Market! Enjoy 1 hour of 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

Payment is required when booking

Traditional Tea and Tour

Where history, art and parliament meet!

A delightful way to visit Ontario's Legislature and experience a live theatrical performance or a historical vignette.

Discover Ontario's parliamentary history and heritage as you take a 45-minute guided tour of the Legislative Building, followed by a traditional English style afternoon tea service.

Get ready to enjoy delicious refreshments and an escape into our province's history! Cost \$30.00

Does this sound interesting to you?

Please let Danna know if you are interested.

Thank You



Marica Beg
Donna Volpe
Wade Morris

Margaret Wilson
San Nolte

All Canada Vac (ACV)
Loblaw - Save it Forward
Alberta Armstrong - In memory of Lilly Elliot
Anonymous - In memory of Gail Day

Our Board of Directors

Joan Bonk-Mackenzie-President
Troy Bolton-Vice President
Vera Nazareth - Secretary
Vacant - 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



Did you know...

Canadians consume more Kraft Macaroni & Cheese Dinners than any other nation in the world.



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

