



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

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



Monday December 25, 2017
Tuesday December 26, 2017
Monday January 1, 2018

Centre is open Dec 27, 28, 29, 2017

Short Lunch Survey



YWALC is currently looking at our lunch program and how we can better serve our members. Your input is so very important to us.

If you have not done so, please ask at the front desk for a survey. We would like to hear from everyone regardless of whether you use the lunch program or not.



The survey is completely anonymous, however if you need help to fill it out staff or students are happy to help.

Winter Program Registration

Begins on Friday December 1, 2017

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

**Fall Instructional Programs end the week of
December 11, 2017**

Dec 18 - 22; make up classes and social programs only.

**Winter programs will begin on
Tuesday January 2, 2017**

Holiday Luncheon Wednesday December 6, 2017

Menu: Full Turkey Dinner

- Turkey
- Mashed potatoes
- Cranberry sauce
- Turnip and carrot mash
- 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

Entertainment by the Drum Fitness program

No programs on this day

Register by Wednesday November 29, 2017

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

**Sunday
November 5, 2017
2:00 am**



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

**November 11
is a day we
remember.**



Plant, Paint & Chat

Every Tuesday

Time 12:00 to 2:00pm

Are you interested in having fun
and meeting new friends?

Join us every Tuesday and get
connected. Plant, Paint & Chat
will spice up your day.

Interact with fellow members, meet
new friends, be creative, and have
fun!



Location: Hallway
Cost: Free for
members



Let's
Fundraise



One More Chance to Get Your Brain Health Score Free This November!

Wondering “**Is My Memory Normal?**” Baycrest, the world’s leading memory and aging research institute is coming back to **YWALC** to give you a science-based answer to your question.

Adults ages 40 – 79 will use the free computer-based **Brain Health Assessment**.

You will get a personalized report and learn what your score means. Then they will give you immediate science-backed steps to keep your brain healthy.



Baycrest

Thursday November 2, 2017
In MK Room
Two Sessions:
10 – 11 am and 11 am – 12 pm

Very basic computer skills needed
Please arrive 10 minutes early!



cogniciti

Annual YWALC Bazaar & Cake Sale

Visit the hallway at YWALC

Monday to Friday
November 20 to December 8, 2017
Approximately 9:00 am to 2:00 pm

Sale will include crafts made by the Low Vision Craft Group,
Craft Social Group, 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..... Butternut Squash



Butternut squash is very nutritious. The flesh is full of vitamins A and C, and it has a naturally sweet flavor that really emerges when roasted. It's a delicious seasonal squash that can be cooked in a variety of ways; baked or roasted, in a puree, in soups or stews, and as a sweet addition to other hearty winter dishes. The seeds are packed with protein and heart-healthy fats (try roasting them in the oven for a quick wholesome snack).

Winter squash are different from summer squash the skin is hard and inedible, while the inside is firm and flavorful. Winter squash are allowed to mature on the vine, then stored for use in winter. Because of their tough outer shell they keep well for long periods of time.

Butternut squash, like all squash, has ancestry in North America. Archaeological evidence suggests that squash may have first been cultivated on the isthmus between North America and South America around 10,000 years ago. Squash was one of the three main crops planted by Native Americans, known as the "Three Sisters"—maize (corn), beans, and squash.



Fun Facts:

- Butternut squash is interchangeable with the pumpkin in Australia, causing them to call it the butternut pumpkin.
- When planting butternut squash, it is important to have a large area for cultivation, as the seeds can send out vines up to 15 feet long.
- Though it may not taste good, the skin of the squash is edible!



Sources: <http://www.canadasown.com/farms/squash-growers-of-southwestern-Ontario,Toriavey.com>

5-Ingredient Butternut Squash Fritters

Ingredients

- 5 cups shredded butternut squash, lightly packed (see *note)
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 Tablespoons minced fresh sage
- Vegetable oil

Instructions

In a large bowl, combine the shredded butternut squash, flour, eggs, minced sage, 1/4 teaspoon salt and 1/8 teaspoon pepper to the bowl, stirring until the mixture is combined.

Liberally coat the bottom of a large sauté pan with vegetable oil and place it over medium-high heat. Once the oil is hot, scoop 3-tablespoon mounds of the mixture into the pan, pressing them lightly into rounds and spacing them at least 2 inches apart.

Cook the fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout.

Transfer the fritters to a paper towel-lined plate and immediately sprinkle them with salt. Repeat the scooping and cooking process with the remaining mixture. (Makes 15 Fritters)

*Note - Butternut squash can be peeled and then shredded on either the large hole of a box grater or, to save time, in a food processor.



<https://www.justataste.com/5-ingredient-butternut-squash-fritters-recipe/>

Musical Memories

Italian songs to remember

The first Wednesday of every month

11:15 am to 12:45 pm

Starting November 1, 2017 in Games Room



The soundtrack of our life is made of
The songs of our memories.

Listen to Italian songs you know and love
and share your memories related to those songs.

Suggest the Italian songs close to your heart.
Sharing music and memories is a wonderful way
to enjoy your time with friends.

All lovers of Italian music are welcome

This workshop is free with membership

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.



*One of the real joys of
the Holiday Season is
the opportunity to say
Thank You
and to wish you the
very best for the
New Year!*

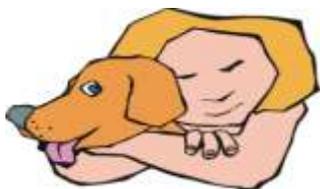


Ease Anxiety and Stay Younger

The journal *Neural Plasticity* reports that chronic anxiety can speed aging by shortening our telomeres (the caps on the genes responsible for keeping us young). The good news is there are a few easy tricks to easing anxiety quickly, pick the trick that will work best for you;



Dark Chocolate! This treat is an all natural anxiety reliever. A new study in the International Journal of Health Sciences found that women who ate dark chocolate daily for just two weeks experienced a significant drop in anxiety. The thanks goes to cocoa's rich stores of magnesium, a mineral that plays a role in calming the nervous system.



Hugs! Hug a loved one or pet, yes, pets count. Our bodies release the feel good hormone oxytocin in response to hugging or cuddling, which lowers the stress hormone cortisol and significantly boosts our feelings of wellbeing. Cuddling even helps lower physical symptoms of stress, such as blood pressure and heart rate.



Vanilla! Canadian researchers report that the aroma of vanilla calms the brain region that processes emotions and this promotes a sense of relaxation in as little as two minutes. Enjoying any vanilla scented treat will do the trick or for a non edible version , slowly breath in the aroma of vanilla essential oil.

Health Fair!

Presented by the Humber Nursing Students in
collaboration with YWALC Staff

Raffle!
Win a kit!

Tuesday November 14
and Wednesday November 15
10:00 am to 1:00 pm

Raffle!
Win a kit!

Drop by to learn how to stay physically active at home, how to care for your mental health, and how to be prepared for any emergency!

Learn how to make a custom kit that will maintain your wellbeing and happiness.



Find us in the hallway!

Email Blasts

Did you know that YWALC sends an email blast every two weeks on a Friday. What this is exactly is an email sent to those who have given permission to receive emails from YWALC giving them the rundown on what is going on at the Centre for the next two weeks. Occasionally we give you information about upcoming community related news, like, the opening of the John Street pedestrian bridge or special presentations by the Weston Historical Society or news about partnerships for example new clinics and fundraising partners such as Superstore's Save it Forward Program. According to Canadian Anti-Spam Legislation, if you want to be in the know then we require your signature. Just ask at the front desk for the email form or track down Danna and she will give you the form. Enjoy being the first to know!



Things you should know about

Waist Watchers has been cancelled permanently

We will not have any **students** in the centre until the college strike is over

We are working hard to revitalize the **Lunch Program**

We are not able to make change for bills, **we keep only a small amount of cash on hand**

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.

Casino Rama



Wednesday December 13, 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 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

Lunch Out -Mandarin Restaurant

Friday November 3, 2017

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

Royal Winter Fair

Wednesday November 8, 2017

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

Cloverdale Mall

Friday November 17, 2017

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

Carmen's Dinner Theatre

Tuesday December 12, 2017

Transportation: Members - \$89.00
Non-members - \$99.00

Black Creek Pioneer Village

Monday December 18, 2017

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

The Distillery District & Toronto Christmas Market

Tuesday December 19, 2017

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

Van Trip to Niagara Lights Shopping & Dinner Out

Friday November 24, 2017
&
Friday December 1, 2017

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/donation to Winter Festival of Lights

Members \$ 59.00

Non – Members \$ 64.00



Thank You
to our donors



TTC Girls Night Out
Loblaws Inc. - Save it Forward
Violet McKinnell
Kay Pavadai - in memory of Blanche Pavadai

Our Board of Directors

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

Board Members at Large

Basma Anabtawi
Joanne Bunton
Barbara Collas
Cathy-Ann Cope
Barbara Shiells
Anne Peacock
Mike Vandenbogaerde

We would love to hear your opinion on our news page. Speak to Danna when you come to the centre or email your comments/suggestions to danna@ywalc.ca



Words of Wisdom...

We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away.

Zhuangzi



Events to Watch For
January/February 2018

Minds in Motion
Alzheimer Society of Toronto

Free 8 week program
Starting January 22, 2018
For anyone experiencing memory issues

Bus Trip to Carmen's Dinner Theatre

The George Rose Big Band -
Bandstand All-Stars
Wednesday February 14, 2018

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

