



YWALC

**Invites you to attend our annual
 Open House**

1901 Weston Road, main floor

Thursday September 7, 2017

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.

For the first time, YWALC will host amazing vendors with many unique items. Don't miss this rare shopping opportunity. See you there!

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



@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

September 4 - Labour Day
 October 9 - Thanksgiving



*Mark
 your
 calendar!*

**Fall Social Programs begin
 Tuesday September 5, 2017**

**Fall Instructional Programs begin Monday
 September 11, 2017**

Winter Program Registration

Begins on Friday December 1, 2017. Information about the winter session will be available at reception and our website on this date. Winter Programs will begin on Tuesday January 2, 2018.



A Bit About Labour Day in Canada...



The origins of Labour Day can be traced back to April 15, 1872, when the Toronto Trades Assembly organized Canada's first significant demonstration for worker's rights. The aim of the demonstration was to release the 24 leaders of the Toronto Typographical Union who were imprisoned for striking to campaign for a nine-hour working day.

<https://www.timeanddate.com/holidays/canada/labour-day>

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

Fall Fun Facts...

#1: Americans typically refer to this time of year as “fall,” while the British use the word “autumn.” Both terms date back to the 16th century but before that it was called “harvest”.

#2: Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. (Sorry, not so fun fact!)

#3: Evergreen trees such as pines, cedars, and spruces stay green because their leaves (needles) are covered with thick wax and they contain materials that prevent freezing when it gets cold.



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.



Ms. Manners Etiquette in and around YWALC

As we draw closer to our busy fall session it is a great time to remind everyone of the etiquette that enables us all to get along and keep our centre efficient, safe and happy for all!

- Proper shoes in fitness class - sneakers, running shoes or rubber soled shoes.
- Proper Attire in fitness class - please wear clothing which allows you to move freely and refrain from wearing jewelry or clothing that will pull or get caught on equipment.
- There is no one spot to sit in from week to week - please remember not every session sees the exact same participants and occasionally a new person will join a class mid session. Having said that if you are early to class and the room is ready for you to occupy you may certainly save yourself a seat for that class only. (remember, change helps to build new neurons in the brain, try a new seat each week). Teachers are excluded from this rule!
- Please welcome new faces in the class - if you see a new person in your class please say “hi, are you new to the class let me tell you what equipment to have ready”.
- Please do not wear perfume or fragrance in the Centre.
- Please refrain from eating or drinking other than water in the fitness rooms and around the computers.
- Please get your own equipment and return your own equipment, but, leave chairs and tables to the staff.
- Please pay for your coffee in the welcome room - if you need change ask staff.
- Please take one of the fruits and snacks left out for yourself, and save the rest for other members.



YWALC Upcoming Clinics

YWALC offers various clinics in partnership with other organizations:

Upcoming clinic dates:

Diabetes Clinic - Sept 21, Oct 19, Nov 16, Dec 21
Call 416-245-4395 to book an appointment

Foot Clinic - Sept 13, Oct 23
Call 416-245-4395 to book an appointment
(fees apply)

Hearing Clinic - Sept 8, Dec 1
Call 416-245-4395 to book an appointment

Massage Clinic - Sept 11, Oct 2, Nov 6, Dec 4
Call 416-245-4395 to book an appointment
(fees apply)

Have you Heard.....

There is something new at the hearing clinic this September. Starting on Friday September 8, 2017 the Hearing Clinic screening will include the use of an **audiometer** which you are connected to by headphones, this is used for evaluating hearing acuity. And **The Canadian Hearing Society** has

reintroduced Otoscopy Examination of the ear by means of an **otoscope**. An otoscope is an instrument for examining the interior of the ear, especially the eardrum, consisting essentially of a magnifying lens and a light and it doesn't hurt a bit, honest!

To make an appointment for the Hearing clinic on September 8, 2017 call the office at 416-245-4395.



Check out what's new at YWALC this Fall 2017

Mondays starting September 11, 2017 9:00 - 9:45 am

Tuesdays starting September 12, 2017 10:30 - 11:15 am (taught in Spanish)

ZUMBA GOLD is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow Zumba® choreography that focuses on **balance**, range of motion and **coordination**.

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

Tuesdays class takes place at **YWALC in the Games Room**



The 2nd & 4th Tuesday of each month starting May 9, 2017 until March 20, 2018 1:30 - 3:30 pm

Cook With Me teaches you how to cook a dish from your fellow member's homeland. Enjoy the spirit of friendship and community while partaking in a meal and learning about another culture.

The class takes place at **YWALC in the Kitchen**

Thursdays starting September 14 until October 26, 2017 (7 weeks) 12:00 - 1:00 pm

Dancing Rivers of Wellbeing creates movement based in West African dance with live drumming & performance opportunities, designed for older adults. This program is provided free for members.

The class takes place at **YWALC in the YWALC Room**



Fridays starting August 25 until December, 2017 10:00 am - 12:00 pm (15 weeks)

This is My Legacy Scrapbooking, have fun and create your own legacy scrapbook. All materials are provided in this very affordable class, volunteers are on hand for those that require assistance.

The class takes place at **YWALC in the Games Room**

(All of the above programs except Dancing Rivers of Wellbeing require a fee at registration)



Featured Programs: Cook with Me & This is My Legacy Scrapbooking

Funded by: Canada New Horizons for Seniors Program

McIntosh Apples

Discovered in 1800 as a chance seedling by John McIntosh of Dundela, Ontario. Medium size with irregular round shape, it's a green apple with a red splash and white, juicy flesh. Mildly tart, with sweetness as it ripens. Excellent for sauces, pies or eating fresh. A new fall crop is ready to eat by mid September.



Cook with Me

See the demonstration of Cook with Me fun at the Open House on September 7, 2017 as our celebrity chef Qamar cooks up Chicken Pilau from her homeland and entertains us with sights and sounds from Trinidad.

The following are the available registration dates for Cook with Me:



**September 12, 26
October 10, 24
November 14, 21, 28
December 12, 19
January 9, 23
February 13, 27
March 20**

Cost: \$ 2.00 per class (ingredients included)

Please see a staff member to register for any number of classes you like

Participating in Fitness Activities at YWALC



We recommend that you consult your physician before starting any physical activity.

Vegetable of Month....Cabbage!



It's easy for cabbage to get lost in the produce section when it has to compete with spotlight grabbing superfoods like curly kale, vibrant beets, and pretty little cauliflower florets. That's a shame, considering this cruciferous veggie is just as nutritious as its more popular counterparts: Just half a cup contains almost 50 percent of your daily dose of vitamin C, plus it's brimming with cancer fighting, cholesterol lowering, ulcer curing compounds. Best of all, it's super versatile, you can microwave, shred, pickle, bake, steam, stir-fry, grill or boil cabbage and cabbage can be

anything from a main dish to a side dish, just see the recipe at the bottom of this page!

When buying cabbage choose cabbage that seems firm and heavy for its size, with fresh, crisp-looking leaves that are tightly packed and aren't wilting or blemished. If choosing pre-packaged shredded cabbage remember that even if the package says that the cabbage is "pre-washed," you should rinse it with cold water before eating and use by the best before date.

Tips for storage

- Wrapped tightly in plastic, a head of cabbage will keep for about two weeks in the crisper.
- Once cut, use cabbage within 2-3 days.
- Cover and refrigerate cooked cabbage within two hours of cooking and use within 3-5 days.
- If the cabbage is part of mixed dish like cabbage rolls, store covered in the fridge and use within 3-4 days.
- Freeze fresh or cooked cabbage in airtight containers or freezer bags for 10-12 months.



Source: <https://www.eatrightontario.ca>

Grilled Sesame Ginger Cabbage

Ingredients

- 1 large head of green cabbage
- 3 medium carrots
- 1/4 cup tamari soy sauce
- 1/4 cup olive oil
- 2 tablespoons sesame seeds
- 2 teaspoons ginger powder
- 1 teaspoon sea salt
- 1 teaspoon black pepper



Directions

1. Chop off the base of the cabbage and then cut it crossways into discs about 1 inch thick.
2. Julienne the carrots (cut into long thin strips).
3. Place the chopped cabbage into a large bowl and add carrots, tamari, olive oil, ginger, salt, pepper, and sesame seeds. Mix together until the cabbage is well coated.
4. Preheat the grill on medium-high.
5. Empty the cabbage into a large foil tin or grill mat or onto several layers of aluminum foil and place onto the grill.
6. For the first 20 minutes, check the cabbage every 5 minutes to toss it and stir it up.
7. After 20 minutes on the grill, keep a closer eye on the cabbage, tossing it more often.
8. When it has turned from green to a yellow-brown color with some crispy pieces, it's done!

Alternatively, you can bake the cabbage in the oven, you can line a baking sheet with aluminum foil and bake for 30 minutes or until most of the cabbage has softened and browned.



Source: www.theitchen.com

Laughter is the best medicine...



Simply laughing with your friends is an ideal way to shrug off the stresses of everyday life. **Laughing improves our psychological and physical health.** It does such a good job that formal therapeutic laughter programs are available nationwide. The best part about the power of laughter is that laughing produces the same positive effects on the body whether it's real or simulated. Even if you're not really "feeling" the humor at first, **you can fake it**, and that simulation often leads to the real thing. Let's face it, laughing feels great. In addition to the psychological lift, it does our bodies a world of good. In a sense, laughing is like exercise, it boosts the immune system, aids digestion and improves

cardiovascular and lung function. It's also believed to raise levels of good cholesterol and reduce pain, inflammation, blood pressure and stress hormone levels. When we laugh, we release *endorphins*, chemicals that function as neurotransmitters and block pain receptors in the brain.

Yes you can laugh alone! As often as possible, in addition to watching comedies or listening to a comedian, there are other ways to get more laughter in your life. You can spend time with children and pets, both of whom can offer hours of silliness, socialize with people whose company you enjoy or make your own private jokes, like wearing silly socks. It also can help to keep a journal of humorous incidents to refer to when you need a chuckle. Or recall a statement someone made that got you laughing.

Try this laughing alone exercise, Immediately after waking up in the morning, look in the mirror and laugh. Begin with 10 or 20 seconds, and try to work your way up to two minutes, if you can. Faking it is just as good as the real thing. This exercise gives you an energy boost...relieves stress...and helps you feel good all day long.

<https://bottomlineinc.com/life/emotional-health/even-a-fake-laugh-will-do>



Benefits of Membership

Membership at York West Active Living Centre entitles you to:

- Participate in all Social Programs, Clinics and Services offered at YWALC and register for Instructional Programs
- Hold office on the Board of Directors and Committees
- Receive email blasts and news related to YWALC
- Access to local government and community services
- Access to health and wellness, social services and community support information relative to older adults
- Better social transportation rates
- Explore the joy and value of volunteering
- Meet new people
- Share your vast experience!



Attendance

We are sure you have seen several staff members outside of the rooms looking in, staring at clipboards and writing things down. There is nothing wrong, no need for alarm! As you all know by now the new sign-in system relies heavily on the



members to sign into the system and touch the screen for add-ons to your day, like coffee & tea, lunch, social programs, information sessions and trips. So we just do a little check to see that the number of participants is the same as the number of people checked in. Remember we are here to help if you need it or have questions about it please ask.

Extras & Replacements....

Replacement **parking passes** are available at a cost of \$5.00

Replacement **membership tags** are available at a cost of \$10.00 payable when you receive your new tag, membership tags can be replaced on the spot.

Class switches require a \$5.00 administration fee.



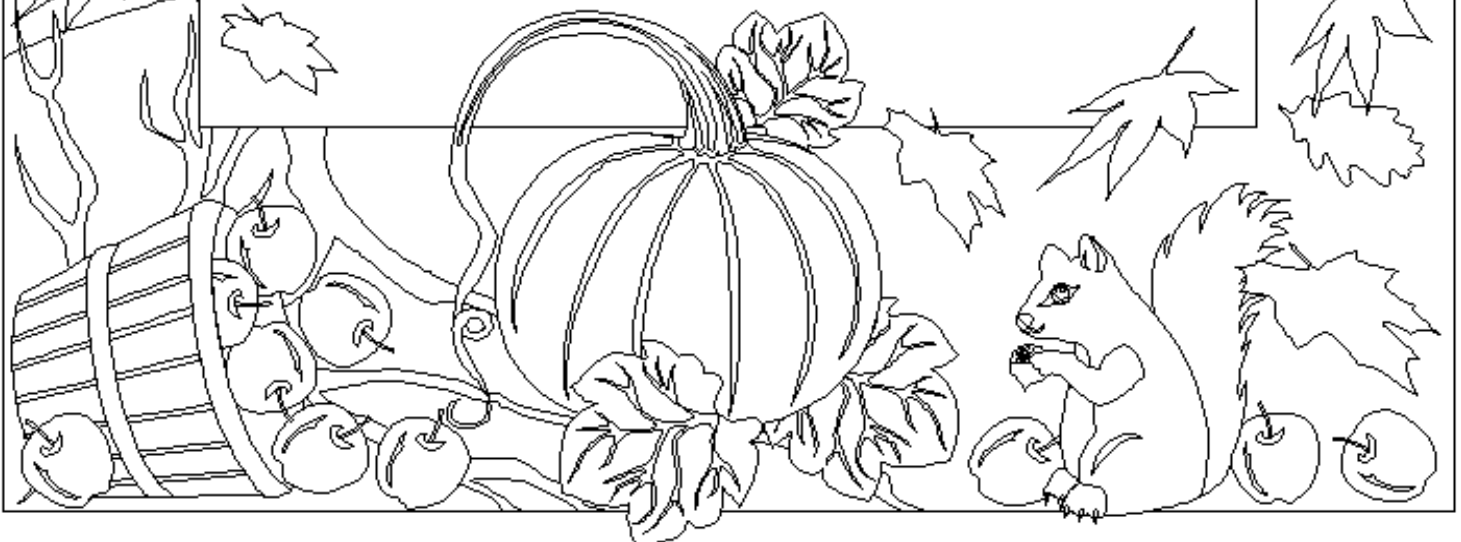
Happy Thanksgiving!

Share this colouring page with the whole family...or keep it to yourself!

Pumpkin poem

One day I found two pumpkin seeds.
I planted one and pulled the weeds.
It sprouted roots and a big, long vine.
A pumpkin grew; I called it mine.
The pumpkin was quite round and fat.
(I really am quite proud of that.)
But there is something I'll admit
That has me worried just a bit.
I ate the other seed, you see.
Now will it grow inside of me?

(I'm so relieved since I have found
That pumpkins only grow in the ground!)



Day Trips to Casino Rama



Wednesday September 13, 2017
&
Wednesday October 11, 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 at Casino

Register at the front desk

Seniors' Days

It is a great thing that so many shops, events and attractions in and around the city provide discounts and even free admission days to older adults of varying ages! As an example The Metro Toronto Zoo has a seniors day each year with free admission and activities for older adults.

This year that day is Monday September 11. YWALC strives to provide affordable transportation to these events for those who need or want it, but we also encourage all of our members to take advantage of the benefits of maturity and get out and see something new. If you know of any attractions or events that are offered to older adults for free or discounted please let Danna in the office know so she can arrange a trip.

Call Danna at 416-245-4395 ext 223 or email danna@ywalc.ca



Thoughts and Well Wishes....

At YWALC we appreciate everyone who keeps us in the loop regarding members who are ill or unable to attend the Centre. We will be happy to send a card from the centre, just let us know and we can supply a card to your group for signatures.



Formal Farewells...

When we are notified of a member or former members passing we will post a notice once we have verified the details of any arrangements. We appreciate our members and their family's keeping us up-to-date.



Disclaimer

All precautions are taken to ensure the accuracy of the information and prices in all of our printed information. Program information, including prices, room locations, dates and times are occasionally updated after printing program information and during the current season. We kindly remind you to check the current program schedules posted at the centre and online at www.ywalc.ca before classes begin.

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

Metro Toronto Zoo Seniors Day

Monday September 11, 2017
Transportation: Members - \$15.00
Non-members - \$20.00

Vaughan Mills Premier Outlet Mall

Wednesday September 13, 2017
Transportation: Members - \$8.00
Non-members - \$13.00

Cloverdale Shopping Mall

Friday September 22, 2017
Transportation: Members - \$10.00
Non-members - \$15.00

Lunch Out @ Asian Buffet

Friday September 29, 2017
Transportation: Members - \$8.00
Non-members - \$13.00

Shopping in Bloor West Village & Lunch out @ Bryden's

Wednesday October 4, 2017
Transportation: Members - \$8.00
Non-members - \$13.00

Springridge Farm

Wednesday October 18, 2017
Transportation: Members - \$20.00
Non-members - \$25.00

and many, many more.....



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

Thank You
to our donors

Evelyn Tennyson

Julia Hattori

Roma Francis - in memory of Charles

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



Words of Wisdom...

"The foods we eat impact our wellbeing, not just on a cellular level, but on a whole life level—how we feel, how much energy we have, how strong we are, how capable we can be."

Dr. Axe

eatdirtbook.com

Changes?

Have you moved or are you moving?

Across the city or down the hall, please let us know about any updates to your member information, including address and phone number. Also, let us know about changes to your emergency contact information.



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

