



Winter is a nice time to gather!

We are opening up our doors for winter, mostly. We will have coffee and tea again, please drop in for some. It will look a little different now but we are working our way to a bright and promising spring down the road. In the pages that follow you will find instructional and social programs and events that are in-person, virtual and hybrid (that's both at the same time). So, without further ado,

Welcome back members!

For information
 call us at 416.245.4395

- Contact our Executive Director Suzanne ext 224
- Manager, Direct Services call Danna ext 223
- Program and Volunteer Co-ordinator call Allegra ext 233
- YWALC/HOPE Liaison call Rocio ext 222
- YWALC Liaison Joanne Teti ext 225
- Social Transportation Dave Hewitt ext 226

or



at

York West Active Living Centre

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

1901 Weston Road
 Weston, Ontario M9N 3P5

Centre Closures

Monday February 21 - Family Day



Try Before you Buy Week

January 3
 to
 January 7

For one week this winter, all of our virtual programs are free for anyone 55 and over! This includes all of our instructional programs and any social programs in-person or virtual.

The only requirements are, that you are 55 and over and are able to join us via the Zoom/phone platform and for in-person programming meet the requirements for entrance to the centre (see page 2 for details).

Our friendly staff are available by email and phone, please contact them with any questions you may have.

Details:

On pages 4 through 7 you will find our program schedules and descriptions. Decide what instructional programs you would like to try, and simply email or phone the registration staff, we will need your name, email address or phone number and what programs you would like to try. The staff member associated with the program will email you a Zoom link to the program the business day before the program or if you are connecting by phone, the staff will call you with a phone number, meeting ID # and password.

If you are a member registering for programs, you will automatically be enrolled in the try before you buy week.

For non members of our Centre, if, after January 7 you would like to continue with any of our programs, you are required to purchase a membership (\$30.00 per year) and pay any additional costs for programs (outlined on page 4). For membership please email or call Danna McBride danna@ywalc.ca or 416-245-4395 ext 223



Welcome Back to the Centre!

Welcome back! We are so excited to open our doors for increased in-person programming, and drop in coffee, tea and snacks.

We will be offering in-person, hybrid (virtual and in-person combined) and virtual programming. Pages 4 through 7 contain the winter schedules and describe which kind of programming there is.



Here is what is happening:

- We respectfully request that if you are not feeling well, have Covid-19 or have been in contact with anyone who currently has Covid-19, please stay at home and stay safe.
- Please enter the centre one at a time when possible.
- You must be wearing a mask (covering your nose, mouth and chin at all times, except while eating or drinking in designated areas).
- The reception desk will be in the hallway facing you when you enter (with a masked and smiling face behind it).
- It is currently mandatory to provide proof of full vaccination and government issued ID each and every time you enter (we do not keep this information on file).
- The receptionist will ask you a series of screening questions. For the safety of everyone, please answer truthfully. We require that if you become ill with Covid-19 in the days following your visit, that you notify us by phone so that we can contact trace. Your personal information will remain confidential at all times.
- Please swipe your membership tag, if you can not find it, please give your first name and phone number to the person behind the desk. Membership tags can be replaced for a fee of \$10.00
- After screening you may proceed to your program room.
- Please try to stay physically distant from other people where possible. (please do not move any furniture in the program rooms).
- Please remain patient. We want to keep everyone safe and healthy. Please remember that protocols will change as the situation changes.



Please show your proof of COVID-19 vaccine and government ID.



How to Register for Winter

Social programs: There is **no need to register for social programs** (with the exception of Book your own group). We will see you for drop-in social programs starting January 3, 2021. As per the social schedule on page 6, please note there is a drop-in fee of \$2.00 for social programs beginning Winter 2022. (Note: You may pay in full in advance for social programs by credit/debit card).

Virtual program registration: Starting Monday December 6, 2021. Members who are registering for virtual only or the virtual portion of a hybrid instructional program are asked to follow registration by phone instructions (see below) or drop by. Please remember that there is no capacity limit to our virtual programming, so, no need to line up. If you come in-person to register, please adhere to the protocols in place for entry.

In-person instructional program registration: This winter we have a limited number of in-person and hybrid programs (virtual and in-person combined). **Registration for in-person programming will take place on December 15 and 16, 2021.** The doors will open at 8:30 am on December 15 for first come first served registration of in-person programs. Registration will continue until 1:30 pm and resume at 8:30 am on December 16. On December 15 and 16 we will not be taking phone calls for registration until 2:00 pm.

For winter 2022 the following programs will have an in-person component:

Watercolour Painting - in-person only

Low Stress Chair Fit - hybrid

Chair Boxing with a Kick - hybrid

Line Dancing - Beginners - hybrid

Line Dancing - Improvers - hybrid

Hand Dance - hybrid

Seated Pedaling - hybrid

Drum Fitness - Hybrid



Payments can be made by cheque, cash, credit/debit card (debit cards must bear the visa or mastercard symbol)



Instructions for paying by phone :

- Please call the office at 416-245-4395
- You can reach Joanne at ext 225, Danna at ext 223 or Suzanne at ext 224 to pay by credit or debit card.
- We do not save your credit card number or keep credit card numbers on file.

Registration by mail: For virtual programs only. Indicate clearly what programs you are registering for. Please allow 14 days for mail to reach us.

Registration Team

Any way you choose to register Joanne, Danna and Suzanne are ready to help! You can always catch one of us between 9:00 am and 3:00 pm if you get our voicemail, please leave a message. We will get back to you ASAP.



YWALC 2022 - Hybrid - Winter Instructional Programs

Program	Instr.	Date	Time	Cost	Staff/Room
Monday 10 weeks no program February 21					
Circuit Training - Virtual only	Corinne	Jan 10 - Mar 21	9:30 - 10:30 am	\$37.50	Allegra
BAM - Balance and Mobility - Virtual only	Susan D.	Jan 10 - Mar 21	10:45 - 11:45 am	\$37.50	Allegra
Tuesday 11 weeks					
Fit for Life Fusion - Virtual only	Susan D.	Jan 11 - Mar 22	9:15 - 10:15 am	\$41.25	Allegra
Chair Yoga - Virtual only by phone & video	Nancy	Jan 11 - Mar 22	10:30 - 11:30 am	\$41.25	Rocio
Meditation - In-person & Virtual	Nancy	Jan 11 - Mar 22	12:00 - 1:00 pm	\$free	Allegra
Watercolour Painting - In-person only (10 weeks no class February 8)	Susan M.	Jan 11 - Mar 22	11:15 - 1:15 pm	\$75.00	Games Room
Wednesday 11 weeks					
Pure Cardio - Virtual only	Lucy	Jan 12 - Mar 23	8:45 - 9:45 am	\$41.25	Joanne
Bone Builders Plus - Virtual only	Lucy	Jan 12 - Mar 23	10:00 - 11:00 am	\$41.25	Joanne
Pilates - Virtual only	Corinne	Jan 12 - Mar 23	11:45 - 12:30 pm	\$41.25	Joanne
Thursday 11 weeks					
Low Stress Chair Fit - In-person & Virtual by phone & video	Julie	Jan 13 - Mar 24	9:00 - 10:00 am	\$41.25	Centre 1 & 2 Allegra
Yoga - Virtual only	Abhi	Jan 13 - Mar 24	9:30 - 10:30 am	\$41.25	Suzanne
Chair Boxing with a Kick - In-person & Virtual	Julie	Jan 13 - Mar 24	10:15 - 11:15 am	\$41.25	Centre 1 & 2 Allegra
Line Dancing - Beginners - In-person & Virtual	Karen	Jan 13 - Mar 24	11:45 - 12:45 pm	\$41.25	Centre 1 & 2 Suzanne
Line Dancing - Improvers - In-person & Virtual	Karen	Jan 13 - Mar 24	1:00 - 2:00 pm	\$41.25	Centre 1 & 2 Suzanne
Hand Dance - In-person & Virtual	Karen	Jan 13 - Mar 24	2:15 - 2:45 pm	\$21.00	Centre 1 & 2 Suzanne
Friday 11 weeks					
Body Boot Camp/Modified - Virtual only	Karen	Jan 14 - Mar 25	9:00 - 10:00 am	\$41.25	Danna
Seated Pedaling - In-person & Virtual by phone & video	Karen	Jan 14 - Mar 25	10:30 - 11:00 am	\$21.00	Centre 1 & 2 Danna
Drum Fitness - In-person & Virtual	Karen	Jan 14 - Mar 25	11:30 - 12:30 pm	\$41.25	Centre 1 & 2 Danna
Stretch & Relax - Virtual only	Susan D	Jan 14 - Mar 25	1:30 - 2:30 pm	\$41.25	Allegra

Try Before You Buy Week January 3 to 7, 2022

Try any or all classes free of charge during this week,
for members and non-members 55 and over

Instructions for registration can be found on Page 3

All programs are subject to enrolment and subject to change without notice

Membership is required to participate in programs with the exception of Try Before You Buy Week

Instructional Program Descriptions

BAM - Balance And Mobility - virtual only

Work on stability and range of motion through active and passive stretching as well as balance exercises. Reduce pain and stiffness and the risk of falls and other injuries. Enhance joint function so you can move safely with more freedom and comfort. Stretches performed standing or seated in a chair - no floor work

Body Boot Camp/Modified - virtual only

A high intensity full body workout that focuses on core stability, muscle strengthening, balance and flexibility. Modified if required. This workout is the next step up for anyone aiming to increase their fitness level.

Bone Builders Plus - virtual only

Concentrate on strengthening and building better bones by targeting as many muscles and bones as possible through strength training. Strength training builds muscle and makes you stronger but also improves balance, flexibility, and posture.

Chair Boxing with a Kick - in person or virtual

Punch, kick, twist and power your way to greater flexibility and strength. This low impact chair program requires no experience just motivation! Sit or stand.

Chair Yoga - virtual only

This unique Yoga class is done from a sitting position and focuses on relaxation and developing coordination and a better understanding of the body. Yoga coordinates movement and breathing, helps release tension and increases energy. It firms the body and tones the muscles without pressure.

Circuit Training - virtual only

Go through a pure circuit workout, at home old school style, no equipment required. Every week you will repeat a variety of exercises targeting all the major muscle groups.

Drum Fitness (all levels) - in person or virtual

This class utilizes movement and rhythm with sticks and resistance balls. Sit or stand, this class delivers real cardio and toning at the same time. If you require a "drum kit" for virtual participants, please email danna@ywalc.ca for details.

Fit for Life Fusion (low impact) - virtual only

This program incorporates exercises from a variety of workout styles: power walking, cardio dance, strength training, pilates, barre, yoga and light intensity interval training. A new 1 to 3 minute segment is added to master a move or explain fitness terminology.

Hand Dance - in person or virtual

In this fun class you will increase the flexibility in your hands and wrists, and even forge new mind-body connections, while following the instructor's hand movements, set to music..

Line Dancing (beginners, improvers) - in person or virtual

Move your feet to great songs, old and new. Basic line dance steps are used to create many routines. All line dancers will gain balance and coordination, and increase their endurance.

Low Stress Chair Fit - in person or virtual

These classes focus on strength training through modified exercise routines. This class is ideal for individuals who want to increase their coordination and endurance for exercise but are not sure how to start. Sit or stand.

Meditation - in-person or virtual (instructor is virtual)

Each week Nancy will take you through a different style of meditation.

Pilates - virtual only

Pilates is a core strengthening program with concentration on the abdominals and postural muscles. This program will improve balance, back health, muscular endurance and concentration.

Pure Cardio - virtual only

The benefits of cardio exercise are many and this class will make the cardio enthusiast very happy.

Cardio is great for your heart, increases your circulation, releases the happy chemicals in your brain which reduces stress, anxiety and depression. Rev up your metabolism and get a better sleep.

Seated Pedaling (all levels) - in person or virtual

Low impact and fun! Spend a half hour spinning your way to good health. Stationary pedal exerciser required.

Stretch & Relax - virtual only

A fluid blend of movement and calm - all in one class. With slow, gentle mindful movement and breath, stretch your body and your awareness; while finding a sense of freer movement, and deeper tranquility.

Watercolour Painting - in person only

Learn how to paint within a friendly, relaxed setting. You will be taught basic painting and drawing techniques; brush strokes and enjoys the satisfaction of a completed project.

Yoga - virtual only

Focus on relaxation, concentration and developing a better understanding of the bodies balance. Yoga coordinates movement and breathing, helps release tension and increases energy.

YWALC 2022 - In-person - Fall Social Programs

Program	Vol./Conv.	Date	Time	Time	Room
Monday		12 weeks no programs February 21			
Book a room for your own group	Danna	Jan 3 - Mar 28	9:00 - 11:00 am	\$1.00	M K Room
French Class - all levels	Margaret	Jan 3 - Mar 28	11:00 - 12:00 pm	\$2.00	Games Room
Colouring	Rocio	Jan 3 - Mar 28	1:00 - 2:30 pm	\$2.00	M K Room
Tuesday		13 weeks			
HOPE - English for Beginners (taught in Spanish) - Hybrid	Rebecca	Jan 4 - Mar 29	9:00 - 10:00 am	\$2.00	Rocio Games room
Book a room for your own group	Danna	Jan 4 - Mar 29	9:00 - 11:00 am	\$1.00	M K Room
Packaged Lunch Program -includes main, dessert, fruit or veg & drink pre-register	Delia	Jan 4 - Mar 29	11:30 - 12:30 pm	\$5.00	M K Room
Bridge - Beginners	Roma	Jan 4 - Mar 29	1:00 - 3:00 pm	\$2.00	M K Room
Low Vision Support Group (first Tues. of each month)	Bruno	Jan 4 - Mar 29	2:00 - 3:30 pm	\$2.00	Games Room
Wednesday		13 weeks			
Book a room for your own group	Danna	Jan 5 - Mar 30	9:00 - 11:00 am	\$1.00	M K Room
Italian Conversation Group	Allegra	Jan 5 - Mar 30	10:30 - 12:00 pm	\$2.00	Games Room
Low Vision Craft Group	Irene	Jan 5 - Mar 30	1:00 - 2:30 pm	\$2.00	Games room
Thursday		13 weeks			
Book a room for your own group	Danna	Jan 6 - Mar 31	9:00 - 11:00 am	\$1.00	M K Room
HOPE - English for Beginners (taught in Spanish)	Dahlia	Jan 6 - Mar 31	9:30 - 10:30 am	\$2.00	Hybrid - Rocio Games room
Easy Spanish Class	Priscilla	Jan 6 - Mar 31	12:00 - 1:00 pm	\$2.00	Hybrid - Rocio Games room
Colouring	Joanne	Jan 6 - Mar 31	1:00 - 2:30 pm	\$2.00	M K Room
Cribbage	Nancy	Jan 6 - Mar 31	2:00 - 3:30 pm	\$2.00	Games room
Friday		13 Weeks			
Book a room for your own group	Danna	Jan 7 - Apr 1	9:00 - 11:00 am	\$1.00	M K Room
Packaged Lunch Program -includes main, dessert, fruit or veg & drink pre-register	Delia/Elena	Jan 7 - Apr 1	11:30 - 12:30 pm	\$5.00	M K Room
Craft Club Social	Chriss	Jan 7 - Apr 1	12:30 - 2:00 pm	\$2.00	Games room

Social Program Descriptions

Book Your Own Room - in person (Pilot Project)

If you need a place to hang out with your YWALC member peeps to have coffee and snacks, chit chat or solve the problems of the world, we have a room for you. This pilot project is open to any member to book their group to use the M K Room anytime Monday to Friday 9:00 - 11:00 am at \$1.00 per person. (Pilot project discount period January to March 2022).

Here is how it works:

- Book up to two weeks in advance, call Danna at ext. 223 or email danna@ywalc.ca and book your group any date you wish
- Book from 2 to 16 people (all attendees in your booking must be current members)
- Bring your own coffee/tea, snacks or purchase from our coffee/snack trolley for \$5.00 per carafe and individually wrapped snacks of varying prices
- Pay for your group at time of booking (preferred) or per person when arriving
- Screening requirements for entrance to the centre apply to everyone and are subject to change. Call ahead for the days current requirements
- Groups who are no shows will no longer be able to book after 2 no show occurrences.

Bridge - Beginners

Learn how to play bridge in a relaxed atmosphere. Many variations of bridge are played today but this gathering is a great starting point for beginners. No partner's necessary.

Centro Esperanza (HOPE) (in-person or virtual)

HOPE is a lively in-person or virtual space for Spanish-speaking older adults (55+), where there is the opportunity to learn and improve English and conversation skills. HOPE promotes, individual development and social integration, through educational activities.

El Centro Esperanza es un espacio virtual o en persona para adultos mayores de 55 años, de habla hispana. Aquí miembros tienen la oportunidad de aprender y perfeccionar su conocimiento del Inglés.

Colouring (2 days a week)

Join us on Mondays and Thursdays to lose yourself in quiet and colour. Please bring your own pencil crayons, crayons, markers, colouring books and enjoy! (some accommodation can be made if you do not have your own colour pencils and books)

Craft Club Social

Grab your favourite project and enjoy the afternoon with friends.

Cribbage

Come and enjoy an afternoon of this timeless game. No partner necessary.

Easy Spanish Class (in-person or virtual)

This fun and easy Spanish class provides an opportunity for you to learn basic grammar and vocabulary to use while vacationing and making new friends. This instructional program is run by an experienced volunteer.

French Class (all levels)

This fun and easy French class provides an opportunity for you to learn basic grammar and vocabulary to use while vacationing and making new friends. We start the class with beginners and encourage them to stay when we move on to the more advanced half of the class.

Italian Conversation Group

Meet new people in a relaxed setting while having a conversation in Italian. All levels of fluency welcome.

Low Vision Craft Group

This group of members enjoys knitting and crochet in a supportive circle of friendship.

Low Vision Support Group

This group supports and encourages members who are visually impaired. Discussions relate to vision loss, new products from the CNIB and sometimes just talks about life! This is an informal support group.

Packaged Lunch Program

Spend some extra time at the centre. Have lunch with friends before or after your program. Lunches are simple and include a main (ie. a sandwich), dessert (ie. cookies), fruit or vegetable (ie. an apple, veggie sticks) & packaged drink (ie. water or juice box) for \$5.00

All programs are subject to enrolment and subject to change without notice. Programs are for members only.

Mind, Body & Togetherness

This program is supported with thanks to
New Horizons for Seniors Grant Program

Funded by the Government of
Canada's New Horizons for
Seniors Program



Mind, Body & Togetherness

Meditation

with Nancy

Tuesdays

January 4 - March 22

12:00 - 1:00 pm

Cost: Free to the 55 plus community

Virtual via Zoom or in-person

(instructor will be broadcast via Zoom
to our in-person participants)

Virtual registration starts Monday December 6

In-person registration starts December 15

(see instructions for registration on page 3)

For more information or to register to participate
virtually, call or email Danna 416-245-4395 ext 223
danna@ywalc.ca



Funded by the Government of
Canada's New Horizons for
Seniors Program



Mind, Body & Togetherness

Chair Yoga

(virtual via Zoom)

with Nancy

Tuesdays starting January 11

Try it for free on January 4

10:30 - 11:30 am

(11 weeks) Cost: \$41.25

This unique Yoga class is done from a sitting position
and focuses on relaxation, developing coordination
and a better understanding of the body.

Yoga coordinates movement and breathing,
with an element of meditation to help release tension
and increase energy. It firms the body and tones the
muscles without pressure



Funded by the Government of
Canada's New Horizons for
Seniors Program



Mind, Body & Togetherness

Yoga with Abhi

(virtual via Zoom)+++

Thursdays starting January 13

Try it for free on January 6

9:30 - 10:30 am

(11 weeks) Cost: \$41.25

Funded by the Government of
Canada's New Horizons for
Seniors Program





Pizza Days

Thursday January 13 at 12:30 pm

Thursday February 10 at 12:30 pm

Thursday March 10 at 12:30 pm

Cost: \$5.00

Includes: 2 pizza squares/slice & drink

Join us for each pizza day and vote
on your favourite pizza place
to be our go to place for spring.

To register contact

Joanne 416-245-4395 ext 225

Tuesday - Friday 9:00 - 3:00 pm

Pick of the crop is...Radicchio

Radicchio is a leafy vegetable with dark reddish-purple leaves and white veins. It's sometimes called Italian chicory, or red endive. It's common in Italian Mediterranean cooking. While radicchio is sometimes mistaken for red cabbage or lettuce, it has a distinctively tangy or bitter taste, which can add a nice contrast and crunch to salads and other dishes. This versatile vegetable contains many key nutrients and has numerous health benefits, making it worth adding to your diet.



White Bean and Tuna Salad with Radicchio

Ingredients:

Makes 4 – 6 servings

1 medium head of radicchio, cored, leaves coarsely torn
6 tablespoons of vinaigrette (any will do), divided, plus more for drizzling

Kosher salt and freshly ground black pepper

2 15-ounce cans of cannellini beans, rinsed, drained

2 celery stalks, peeled, sliced thinly

1 can of drained tuna, broken into large pieces

Parsley for garnish

Instructions:

Place the radicchio in a large bowl; drizzle with 3 tablespoons vinaigrette and toss to coat. Season radicchio to taste with salt and pepper. Transfer to a serving plate, spreading out in an even layer. Combine 3 tablespoons of vinaigrette, cannellini beans and celery in the large bowl; toss to coat. Season to taste with salt and pepper. Arrange bean mixture on top of radicchio. Top salad with tuna and garnish with parsley. Drizzle additional vinaigrette over.

<https://www.epicurious.com/recipes/food/views/white-bean-and-tuna-salad-with-radicchio-395094>

St. Patrick's Day 50/50 Draw

Tickets on sale as of Tuesday February 1

Ticket Cost:

1 for \$5.00

3 for \$10.00

10 for \$20.00

How to purchase your 50/50 Draw Tickets

In-person

Drop by the centre Monday to Friday 9:30 - 3:30 pm

(Mandatory Covid protocols are in place, but subject to change.)

Please call ahead for the days requirements for entrance)

By Phone

To purchase your tickets by phone with a credit/debit card

call 416-245-4395 Monday - Friday 9:00 - 3:00 pm



Draw Date Thursday March 17
approx. 1:00 pm

YWALC is a Vaccine Positive Space

This means that as per current public health guidelines it is mandatory to be fully vaccinated and provide proof of vaccination with government issued ID each and every time you enter our doors. The rules are subject to change, we will inform by posted sign, facebook and email blast weekly news, as mandates change.

If you are unable to get vaccinated for medical reasons and are able to come to the Centre for programming, we respectfully ask that you provide proof of medical exemption along with government issued ID, and strictly adhere to all other requirements for entry, such as; washing your hands frequently, using hand sanitizer on entry to the Centre and the program rooms, physically distance by 2 metres when and where possible and wearing a mask properly at all times.

If you choose not to get vaccinated for personal reasons other than medical we ask that you enjoy our many exceptional instructional programs on-line.

If you need assistance to make a vaccination appointment or get to a vaccination clinic, we are here to help. We are partnered with so many fabulous organizations in the GTA that together we can find you a clinic in your area. The resources are out there for all situations whether you are homebound, unestablished, without OHIP, undocumented or just plain scared, you can get vaccinated.

For those who are seeking a third dose booster and meet the eligibility requirements, we are happy to help you make an appointment.

Call or email any of our staff if you need help or information, if you are still on the fence we have the ability to get you reliable information about Covid-19 and the vaccines. Our weekly email news is often a good resource for clinics in the community. To subscribe to our weekly email news, email danna@ywalc.ca with the subject line "I opt in".

Coffee anyone?

As of Monday January 3, 2022 we will resume our self service coffee and tea. From 9:00 to 11:00 am Monday to Friday, current members who meet the mandatory entrance requirements can come in for coffee, tea and snacks in the hallway outside the kitchen. There is limited seating (3 tables of 4), but if you have a bigger group you could call in and book a room for coffee. Have a look at page 7 for how to "book your own room".



Coffee \$1.00

same day refills free

6th Annual YWALC Walk-a-thon Saturday October 2, 2021

This year we walked our 6th Annual YWALC Stay Active, Be Fit, Live Well Walk-a-thon and our 2nd year of Covid. Last year we introduced a new and inclusive addition to the walk-a-thon, virtual walking, and we continued this year with some of our folks walking, biking and marching on the spot virtually.

This family event **raised \$5,200.00 this year**, these funds come directly to our Centre and were very much needed this year. We take this opportunity to **thank everyone**, the thirteen walkers who registered, got up early on a Saturday, walked and collected funds, the sponsors who emailed, called, internetted (yes, I know it's not a real word), and got their credit cards out, and finally the staff and volunteers who filled out forms and answered questions.

☺ **THANK YOU**
FOR YOUR DONATION



Upcoming Events

Watch your weekly news for details

In Person tech help

Mind, Body & Togetherness Workshops

YWALC Covid Cookbook sales

St. Patrick's Day Lunch

Need Help to get vaccinated?

See our staff contact information on this page.

Any of our staff can assist you in making an appointment for vaccinations and boosters.

Customized Kits for Programs

Are you in a YWALC virtual fitness program?

Need some equipment?

Don't want to buy?

We have a solution!

YWALC can prepare a customized kit with the equipment you require, loan it to you and safely deliver it to you (within our catchment area) and pick it up when you no longer require it.

Total cost: \$20.00

(with or without delivery)

All equipment is used and is sanitized before delivery to you. You are required to sign an equipment loan agreement upon delivery.

for kit arrangements contact

danna@ywalc.ca



York West Active Living Centre thanks Delta Bingo for their financial support, in helping us provide instructional programming to our members.

Our Board of Directors

Vera Nazareth - President

Debby Culotta-Fernandes - Vice President

Cathy-Ann Cope - Secretary

Rocio Tantauillca Landeo - Treasurer

Board Members at Large

Irene Hollett

Roberta Jennings

Norma Kent

Adrienne McKenzie

Amanda Meadows

Diana Santos

Dylan Scammell

Shazia Yasmeen

How to Reach YWALC Staff

Office 416-245-4395

Suzanne ext 224 suzanne@ywalc.ca

Danna ext 223 danna@ywalc.ca

Allegra ext 233 allegra@ywalc.ca

Rocio ext 222 rocio@ywalc.ca

Joanne ext 225 joanne@ywalc.ca

Dave ext 226 dave@ywalc.ca

Always do what you
are afraid to do.

Ralph Waldo Emerson

Do you need help with forms or reading your mail?

Please call us to make an appointment we can help!

For appointments in English

contact Suzanne or Danna

For appointments in Italian contact Allegra

For appointments in Spanish contact Rocio

Our Donors and their comments

Vesta Icke

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Margaret Gray

Piedad Jaramillo

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Royal Bank of Canada

Employee Giving Program

Megan Diercks

In loving memory of Carolyn

McIntosh from her family

Thank you

For online donations go to <https://www.canadahelps.org/en/charities/york-west-active-living-centre/>

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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 \$ _____

Full Name: _____ Phone: _____

Full Address: _____

Comment or donate in memory of: _____

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

