

THE GUARDIAN

SERVING THE COMMUNITIES OF YORK, WESTON & MOUNT DENNIS

CANDY CRAFTS



Photo/NANCY PAIVA

DECORATIVE...AND DELICIOUS: Joey Bowles, 3, displays his finished reindeer candy cane and as well as the candy cane he could not resist eating during the holiday craft event held earlier this month at the Silverthorn Branch Public Library.



It's Happening

Upcoming events listed for your York neighbourhood
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The OT zone

York Memorial drops OT decision to Kipling
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On the Road

Fergie Reynolds reminds drivers to stay sober
insidetoronto.com

When they say active, they're not kidding

York West Active Living Centre marks 30th anniversary

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Don't get Maggie Knap going about society's misconceptions of seniors, fueled by advertisers who portray older folks as dotting but frail grandparents with a host of illnesses and ailments that are putting a drain on the health care system.

Today's seniors are into anything and everything, from pilates, yoga and line dancing to computers, cooking and learning new languages.

Of course, some may not be as spry as they once were and accommodations can be made, such as having them do exercises through chair fit classes.

But seniors can do anything they put their mind to, said Knap,

executive director of the York West Active Living Centre.

"The one thing people should know in the community and beyond, what we're about is changing the perceptions of seniors and older adults," she said.

"We have found over the years, people are changing. We're so aware of our health and how important being active is on your

heart. If you're exercising and socializing and moving all the time, your heart is better,"

Celebrating seniors' abilities, which goes hand in hand with York West Active Living Centre's vision, was the focus of the organization's 30th anniversary luncheon on Dec. 7.

When the centre opened in 1981, there were six members. There is now an active membership of 900. The youngest members are 55 years old. The eldest is

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SENIOR BOYS COURT ACTION



HEADING INTO HOLIDAY BREAK: Above, York Memorial Collegiate's Ishan Stinchcombe, foreground, drives past a Kipling Collegiate defender during high school senior boys' basketball action at York Memorial last Tuesday. At left, Kipling's MyKal Bailey, left, shoots over York Memorial's Tajil Forbe. Kipling went on to win the game 80-68 in overtime.

Photos/
JOSEPH HOWARTH

Seniors revel in active living

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98 and has been a member since the centre's beginning.
Three decades ago, membership fees were \$3 a year. Now, the fee is \$25 annually.
When the centre first opened, it was simply a social gathering place to pass the time of day. Now, it boasts 52 instructional and social programs, offers day trips, has Wii games and offers lunches in its coffee shop.
Rent on the organization's original three-room centre was \$4,500 a year. Now, it's \$4,500 a month for nine rooms.
Having a chat over coffee – which has jumped in price to 50 cents up from 25 cents in 1981 – is still a draw at the centre, although even that has changed.
“People who come here are looking to be active. They will sit and have a coffee, but that is while they are waiting for a class to start,” Knap said.
“It's not, ‘You got to be 65 and you sit in a rocking chair.’ It's ‘Now, you're off (and running).’ We (the centre) didn't keep to the norm. We weren't cookie cutter with (only offering) arts and crafts. The times are a-changing.



Photo/COURTESY

Former MP Alan Tonks speaks to guests during the York West Active Living Centre's 30th anniversary party on Dec. 7.

People are younger longer.”
Even if the centre doesn't offer a class, it can often find ways to help people achieve their goals by partnering with others in the community, Knap said.
The centre's suggestion for seniors is “not to be quiet, not to sit back. Do what you want to do. What did you dream about doing?” she said.
“Hitting 65 is not the end of the road. It is a jumping off place or springboard.”

‘Hitting 65 is not the end of the road. It is a jumping off place.’
– Maggie Knap

The centre is 1901 Weston Rd. at Lawrence Avenue.
For more information, visit www.yorkwestactivelivingcentre.ca or call 416-245-4395.

Looking at needs in Dufferin-Lawrence

The Toronto Catholic District School Board (TCDSB) and Villa Charities Inc. are partnering to develop a joint project to serve the educational, cultural and recreational needs of the Dufferin Street and Lawrence Avenue neighbourhood.
A joint feasibility study is being conducted regarding the 33.6-acre quadrant of land currently encompassing two TCDSB schools – Dante Alighieri Academy and Regina Mundi Catholic School – as well as the entire Villa Charities campus.
The hope is for the redevelopment project to accommodate a

new school for Dante, Columbus Centre, Carrier Art Gallery, day care and other services provided by both organizations.
“This community urgently needs a new facility to house the students from Dante Alighieri Academy, and the redevelopment of this land would enable us to proceed with that project, while also addressing the growing needs of the community for the services provided by Villa Charities,” TCDSB chair Ann Andrachuk said in a release.
Dante Alighieri, with an enrolment of more than 1,300 students,

is housed in three campuses near Dufferin Street and Lawrence Avenue.
“Villa Charities has been delivering seniors', social and cultural programs to the Italian Canadian community since 1971,” Nina Perfetto, chair of Villa Charities Inc., said in a release. “We are pleased to partner with the TCDSB in a joint feasibility study to review the potential for the redevelopment of the Lawrence and Dufferin campus and Dante Alighieri, so that we may continue to serve our community for generations to come.”

HRRH first outside U.S. to get bariatric accreditation

Humber River Regional Hospital's bariatric surgery program has become the first outside of the United States to be fully accredited by the American College of Surgeons.
“I'm very proud of our entire team. This is a tremendous endorsement of their skill and dedication,” said the program's physician chief, Dr. John Hagen.
“The ACS accreditation program is the world's highest authority in this area of medicine and to receive their approval is high praise indeed.”

Bariatric surgery, also known as gastric bypass, is used to treat obese patients unable to lose weight by conventional methods by surgically altering the gastrointestinal tract to reduce the amount of food they are able to eat and absorb.
In 2009, the provincial government named Humber River one of four centres of excellence for bariatric surgery in Ontario.
To become accredited by the ACS, Humber River demonstrated its commitment to providing the highest quality care for its patients, a statement from the hospital said.

That not only means providing the hospital resources needed for optimal care of patients, but also providing the support and resources necessary to address the entire spectrum of their care and needs, from the pre-hospital stage through post-operative care and treatment.
Humber River president Dr. Rueben Devlin called the accreditation an honour.
“To be the very first non-U.S. bariatric surgery program to receive full ACS accreditation speaks volumes to the strength of our team and its leadership,” he said.