

For information  
 call us at 416.245.4395

- Executive Director call Suzanne at ext. 224
- Manager, Direct Services call Danna at ext. 223
- Program and Volunteer Co-ordinator call Allegra at ext. 233
- YWALC Liaison call Joanne at ext. 225
- Social Transportation and Administrative Support call Dave at ext. 226

or



at

York West Active Living Centre  
 or

\*\*\*\*\*

Email us at  
[info@ywalc.ca](mailto:info@ywalc.ca)

Find us online at  
[www.ywalc.ca](http://www.ywalc.ca)

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Hours of Operation

Monday to Friday 8:30 am - 4:00 pm

1901 Weston Road  
 Weston, Ontario M9N 3P5

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Centre Closures

Monday January 2 - New Year  
 Monday February 20 - Family Day

No Programs

Thursday March 30 - Open House



**YWALC**  
 Invites you to attend our  
**In-person annual  
 Open House**  
 1901 Weston Road,  
 main floor

**Thursday March 30, 2023**

**9:30 am - 12:00 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.

**We're back!.....**

**Come in to beat the winter blues or stay at home and beat the traffic...Whichever way you choose to participate this winter, in-person or virtual, YWALC has a program for you!**



You can take out a one-year membership anytime. Membership is \$30.00 per year and allows access to all of our free, paid, instructional, social and educational activities and services.

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



## In-person Instructional Program Descriptions

### **Body Boot Camp/Modified**

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.

### **Chair Boxing with a Kick**

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 Movement Stretch**

A good movement and stretching program is important to incorporate into your daily routine to help maintain flexibility. This yoga style chair program also helps to release muscle tension and soreness, and reduces the risk of injury. Lastly, it may also help increase muscle control, and improve balance and coordination.

### **Clogging**

Clogging is a type of North American folk dance, that is done in time with the music - to the downbeat usually with the heel keeping rhythm. Clogging is primarily developed from Irish step dancing, there were also English, Scottish, German, and Cherokee step dances, as well as African rhythms and movement influences too. It was from clogging that tap dance eventually evolved.

### **Drum Fitness**

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.

### **Essentrics**

Essentrics focuses on age prevention and reversal through movement. Essentrics combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion.

### **Hand Dance - (30 mins)**

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)**

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. Beginners have a good fundamental knowledge of line dance and Improvers are ready for more complex routines.

### **Low Stress Chair Fit**

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

### **Seated Pedaling (all levels) - (30 mins)**

Low impact and fun, set to great music! Spend a half hour spinning your way to good health with a stationary pedal exerciser and chair.

### **Step 'n' Step**

This new low impact step aerobics class is a classic cardio workout. The reason this workout has lasted for decades is simple, it delivers results: You step in different patterns to boost your heart rate and breathing, and strengthen your muscles. Big benefits, no equipment, easy to follow repeat stepping patterns.

### **Strength Interval Training**

Strength Interval Training will have you focused on your effort during a set amount of time. The workout will switch between high effort and recovery periods. Use of various types of equipment will help all fitness levels increase muscle strength and boost metabolism.

### **Zumba Gold**

Zumba Gold is a modified Zumba class for active older adults 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.

Instructional programs are proudly supported by



**Delta**  
BINGO-GAMING



# YWALC 2023 - Virtual Winter Instructional Programs

Program	Instructor	Date	Time	Cost	Staff Host
<b>MONDAY</b>		<b>10 weeks no programs Jan 2 and Feb 20</b>			
Circuit Training	Corinne	Jan 9 - Mar 20	9:30 - 10:30 am	\$37.50	TBA
BAM - Balance and Mobility	Susan D	Jan 9 - Mar 20	10:45 - 11:45 am	\$37.50	TBA
Hand Dance	Karen	Jan 9 - Mar 20	12:00 - 12:30 pm	\$18.75	TBA
<b>TUESDAY</b>		<b>12 weeks</b>			
Fit for Life Fusion	Susan D	Jan 3 - Mar 21	9:15 - 10:15 am	\$45.00	TBA
Chair Yoga	Nancy Allen	Jan 3 - Mar 21	10:30 - 11:30 am	\$45.00	TBA
Watercolour Painting - <b>Virtual for Winter 2023</b>	Susan M	Jan 3 - Mar 21	1:00 - 3:00 pm	\$90.00	TBA
<b>WEDNESDAY</b>		<b>12 weeks</b>			
Virtual Re-Boot Camp	Corinne	Jan 4 - Mar 22	10:30 - 11:30 am	\$45.00	TBA
Pilates	Corinne	Jan 4 - Mar 22	11:45 - 12:30 pm	\$45.00	TBA
Line Dance for Fun (10 weeks no class Jan 4 & Mar 15)	Matti	Jan 4 - Mar 22	1:00 - 2:00 pm	\$37.50	TBA
Zentangle (6 weeks) - <b>New</b>	Josephine	Jan 25 - Mar 1	7:00 - 8:00 pm	\$6.00	TBA
<b>THURSDAY</b>		<b>12 weeks</b>			
Zumba Gold - <b>Time Change</b>	Dawn	Jan 5 - Mar 23	8:30 - 9:30 am	\$45.00	TBA
Yoga	Abhi	Jan 5 - Mar 23	9:30 - 10:30 am	\$45.00	TBA
<b>FRIDAY</b>		<b>12 weeks</b>			
Posture Flex	Susan D	Jan 6 - Mar 24	9:15 - 10:15 am	\$45.00	TBA
Chair Fit Dance	Dawn	Jan 6 - Mar 24	11:45 - 12:45 pm	\$45.00	TBA

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

Members may register for virtual programming as soon as the schedules are published. We have lots of space in our virtual programs (with the exception of the Zentangle Workshop).

Payments must be made at the time of registration.

For all programs, we are happy to switch you to another program if you are not happy in your chosen program.

Please note that there is no reimbursement for any program unless the program is cancelled by YWALC .

There is no reimbursement for cancellations that are out of our control.

In case of Provincially mandated lock downs, we will make every effort to convert in-person programs to virtual programs.

# Virtual Instructional Program Descriptions

## **BAM - Balance And Mobility**

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

## **Chair Fit Dance**

In Chair Fit Dance, you'll perform dance movements on the chair and move your upper body with the beat of the music, as guided by the instructor. Chair dancing is a fun and convenient way to get aerobic exercise. You'll tone muscles, improve flexibility and burn calories. This class can be done sitting or standing.

## **Chair Yoga**

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**

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.

## **Fit for Life Fusion (low impact)**

Have fun and move to the music in this **mixed format** class featuring a variety of workout modalities: power walking, cardio dance, strength training, pilates, barre, yoga and low impact interval training (LIIT). Increase muscular strength and functional range of movement for overall fitness and daily living activities. Equipment use will include hand-held weights, a towel or strap and a chair for seated work and standing support.

## **Hand Dance - (30 mins)**

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 for Fun**

Line dancing is a great form of exercise to improve strength and muscle function, increase balance and flexibility as well as improve cardiovascular and heart health. In this fun and easy class the styles of dance that will be taught will include a mix from all genres.

## **Pilates - (45 mins)**

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.

## **PostureFlex**

Good posture allows for safe, efficient, effortless movement. Poor posture can lead to tight, weak muscles, stress to the joints, pain and susceptibility to injury. In our **PostureFlex** class we will learn exercises to strengthen postural muscles and improve body alignment. This is followed by **deep stretching** that incorporates standing and seated positions, to open and lengthen the muscles, helping us to become more flexible and relaxed in both body and mind.

## **Virtual Re-Boot Camp**

Enjoy a virtual re-boot old school style from the comfort of your own home. Planks and burpees and squats, oh my! Your instructor will show you modifications if it gets to be too much...but, we know you can do it!

## **Watercolour Painting**

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**

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

## **Zentangle Workshop - New Special Event for Winter 2023**

See ad on page 8 - **Note:** This program has limited space

## **Zumba Gold**

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of adults 40 to 85. This program offers easier-to-follow moves that focus on low joint impact, making it safer for active older adults to practice. The Gold program incorporates music such as salsa, merengue and reggaeton.

# YWALC 2023 - In-person - Winter Social Programs

Program	Instr/Conv	Date	Time	Cost per week	Room
<b>MONDAY</b> <span style="float: right;"><b>11 weeks no programs Jan 2 and Feb 20</b></span>					
Social & Fitness (in Italian)	Lina	Jan 9 - Mar 20	9:00 - 11:45 am	\$ 2.00	MK Room
French Class	Margaret H	Jan 9 - Mar 20	11:00 - 12:00 pm	\$ 2.00	Games Room
Lunch Program	n/a	Jan 9 - Mar 20	11:45 - 1:00 pm	\$ 10.00	Hallway
Colouring	Staff	Jan 9 - Mar 20	1:00 - 2:30 pm	\$ 2.00	Games Room
<b>TUESDAY</b> <span style="float: right;"><b>13 weeks</b></span>					
Hope - Spanish Social	n/a	Jan 3 - Mar 21	9:00 - 10:00 am	\$ 2.00	Games Room
Knitting	Kai	Jan 3 - Mar 21	10:15 - 11:45 am	\$ 2.00	Games Room
Pizza Lunch (first Tuesday of each month) <b>advance registration necessary</b>	n/a	Jan 3 - Mar 7	12:00 - 1:00 pm	\$ 5.00	Hallway
Low Vision Support Group (first Tuesday of each month)	Bruno	Jan 3 - Mar 7	1:00 - 3:00 pm	\$ 2.00	Centre 1
Bridge - Beginners	Roma	Jan 3 - Mar 21	1:00 - 3:00 pm	\$ 2.00	MK Room
<b>WEDNESDAY</b> <span style="float: right;"><b>13 weeks</b></span>					
Low Vision Craft Group	Irene Y	Jan 4 - Mar 22	10:00 - 12:00 pm	\$ 2.00	MK Room
Italian Conversation Group	Lina	Jan 4 - Mar 22	10:30 - 12:00 pm	\$ 2.00	Games Room
Bid Euchre - <b>New</b>	Vera/ Richard	Jan 4 - Mar 22	1:00 - 3:00 pm	\$ 2.00	Games Room
<b>THURSDAY</b> <span style="float: right;"><b>12 weeks no programs Mar 30</b></span>					
Weekly Free Meal Pick Up	Staff	Jan 5 - Mar 23	9:00 - 2:00 pm	free	Reception
Hope - English for Beginners (taught in Spanish) - <b>Hybrid</b>	Rebecca	Jan 5 - Mar 23	9:30 - 10:30 am	\$ 2.00	Games Room
Lunch Program	n/a	Jan 5 - Mar 23	11:45 - 1:00 pm	\$ 8.00	Hallway
Easy Spanish - <b>Hybrid</b>	Teresa	Jan 5 - Mar 23	12:00 - 1:00 pm	\$ 2.00	Games Room
Colouring	Staff	Jan 5 - Mar 23	1:15 - 2:45 pm	\$ 2.00	Games Room
Cribbage	Nancy	Jan 5 - Mar 23	1:30 - 3:00 pm	\$ 2.00	MK Room
<b>FRIDAY</b> <span style="float: right;"><b>13 weeks</b></span>					
Lunch Program - <b>New Soup Day!</b>	n/a	Jan 6 - Mar 24	11:45 - 1:00 pm	\$ 5.00	Hallway
Craft Club Social	Chriss	Jan 6 - Mar 24	12:30 - 2:00 pm	\$ 2.00	Games
Social Bridge	Roma/Kay	Jan 6 - Mar 24	1:30 - 3:30 pm	\$ 2.00	MK Room

## Social Program descriptions

### **Bid Euchre - New**

In Bid Euchre the trump suit is chosen by whichever player is prepared to contract to win the largest number of tricks, a popular variation of the regular euchre. No partner necessary. Experienced Euchre players welcome.

### **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 where Spanish-speaking older adults (55+), have 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, markers, colouring books and enjoy!

### **Craft Club Social**

Bring 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.

### **Knitting**

If you knit or crochet and wish to socialize with others, join us at the Centre with your own supplies. We do have a small supply of yarn to use if needed.

### **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.

### **Pizza Lunch (first Tuesday of each month)**

Once a month is Pizza Lunch! We order Pizza Nova, cost \$5.00 and includes 2 slices/squares, a drink and a little something for dessert. Please register in advance with Joanne or at the front desk.

### **Social & Fitness (in Italian)**

Come on in and spend some time with Italian speaking friends, pole-walk in the halls or outside, chit chat, play cards or brain games.

### **Social Bridge**

Social bridge is suitable for the experienced bridge player. This card group is open to anyone who would like to come out and enjoy an afternoon of cards. No partner necessary

### **Weekly Meal Pick Up (Thursdays)**

Second Harvest provides YWALC with pre cooked nutritious free meals each week. On Thursday pick up a container from the front desk. Usually there are two meals to choose from. Take the meal home and reheate.

There is a cost of \$2.00 per week for each social program. This is payable on entrance to the centre at the reception desk or in full in advance.

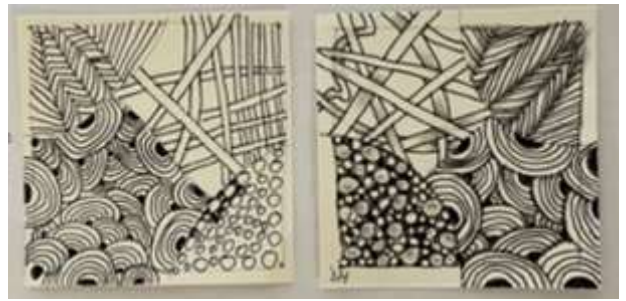


## Zentangle - New Special Event Program

This one time 6 week workshop opportunity should not be missed. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. These patterns are called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. These simple shapes are the basis of all Zentangle art. The patterns are drawn on small pieces of paper called "tiles", which can be assembled into mosaics.

Zentangle art is abstract and unplanned so you can focus on each stroke and not worry about the result. You don't need to know what a tangle is going to look like to draw it. You just need to know the steps. The result is a delightful surprise.

As you use the Zentangle Method to create beautiful images, you may find an increase in focus, creativity, self-confidence and an increased sense well-being.



Examples of first time Zentangle tiles



## Virtual Wednesday Evenings January 25 - March 1, 2023

(6 weeks)

7:00 to 8:00 pm

Cost: \$6.00

Space is limited so register early!

## In-person Zumba Gold at YWALC

Mondays in Centre 1 & 2

January 9 - March 20, 2023

Cost: \$37.50 (10 weeks)

(no class Jan 2 & Feb 20)





# 2023 Winter Warm-ups

## from Millicent

### Pepper Jack Mashed Potatoes

#### Ingredients

3/4 cup salted butter, plus more for the baking dish  
5 lb russet potatoes, peeled and cut into 2-inch chunks  
6 garlic cloves, crushed and peeled  
1 1/2 tsp kosher salt, plus more to taste  
4 oz cream cheese, at room temperature  
3/4 cup half-and-half cream  
1/2 tsp chili powder  
1/2 tsp cayenne pepper  
8 oz pepper jack cheese, shredded (about 2 cups)  
Thinly sliced scallions, for garnish



#### Directions

- 1:** Preheat oven to 375° and butter a 9-by-13-inch baking dish. Put the potatoes and garlic in a large pot and cover with water by about 1 inch; season with salt. Bring to a boil, then reduce the heat and simmer until the potatoes are fork-tender, about 20 minutes.
- 2:** Drain the potatoes and garlic well. Return to the pot, turn off the heat and add the butter, cream cheese, half-and-half, chili powder, 1 1/2 teaspoons salt, cayenne and half of the pepper jack. Mash with a potato masher until smooth. Season with more salt and cayenne to taste.
- 3:** Spread the potatoes in the baking dish. Top with the remaining pepper jack and sprinkle with chili powder. Bake until the cheese is melted and the potatoes are lightly browned around the edges, 25 to 30 minutes. Sprinkle with scallions before serving.

Source : <https://www.thepioneerwoman.com/food-cooking/recipes/a41994776/pepper-jack-mashed-potatoes>

### Homemade Chicken and Noodles

#### Ingredients

1 whole cut-up fryer chicken  
2 carrots, diced  
2 sticks celery, diced  
1/2 medium onion, diced (optional)  
1 tsp salt  
1/2 tsp turmeric  
1/4 tsp white pepper  
1/4 tsp ground thyme  
2 tsp parsley flakes  
16 oz pkg frozen egg noodles  
3 tbsp all-purpose flour



#### Directions

- 1:** Cover chicken in 4 quarts water. Bring to a boil, then reduce heat to low. Simmer for 30 minutes.
- 2:** Remove chicken from pot with a slotted spoon. With two forks, remove as much meat from the bones as you can, slightly shredding meat in the process. Return bones to broth and simmer on low, covered, for 45 minutes.
- 3:** Remove bones from broth with a slotted spoon, making sure to get any small bones that might have detached.
- 4:** Add the carrots and celery (and onions, if using) to the pot, followed by the herbs and spices. Stir to combine and simmer for ten minutes to meld flavors.
- 5:** Increase heat and add frozen egg noodles and chicken. Cook for 8 to 10 minutes.
- 6:** Mix flour and a little water. Stir until smooth. Pour into soup, stir to combine, and simmer for another 5 minutes, or until broth thickens a bit. Test and adjust seasonings as needed.

Source : <https://www.thepioneerwoman.com/food-cooking/recipes/a9895/homemade-chicken-and-noodles/>

## How to Register for Winter

Members must have valid membership to register for any program. During registration you can also renew or purchase a new membership.

**Virtual program registration:** Members who are registering for virtual programs may register at any time once they receive the virtual schedule. Please remember that there is no capacity limit to our virtual programming with the exception of Zentangle, so, no need to line up. If you come in-person to register, please adhere to the current protocols in place for entry, which are self assess before leaving the home and wear a mask at all times in the centre.

**In-person instructional program registration: Registration for in-person programming will take place on Wednesday December 14 and Thursday December 15, and will continue afterwards until classes are full.**

The doors will open at 8:30 am on December 14 for first come first served registration of in-person programs, registration will continue until 1:00 pm and resume at 8:30 am on December 15. Registration will continue afterwards until classes are full.

**On December 14 and 15 we will not be taking phone calls for virtual registration until 2:00 pm.**

**Social programs:** There is **no need to register for drop-in social programs**. For Hybrid programs anyone participating virtually must pay in advance, see virtual program registration instructions above.

Note there is a drop-in fee of \$2.00 per week for social programs. You may pay in advance for social programs to alleviate the need to pay each week.



### 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 (newer versions) or to register for social programs.
- We do not save your credit card number or keep credit card numbers on file.
- Please have a list of programs you wish to register for ready.



### Paying through the mail:

- Please allow at least 14 days for mail-in registration
- Please mark your program choices clearly on a piece of paper or the program schedule.

### 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.





- Self assess at home and stay home if you are unwell
- Enter COVID Screening on the touch screen upon entering the centre
- Masks must be worn in classes and common areas of the centre
- When drinking and eating drop, sip, replace
- Social distance when you can
- Wash your hands often
- Sanitize hands often

## 7th Annual YWALC Walk-a-thon Saturday October 1, 2022

October 1st was a beautiful fall morning for our third COVID walk-a-thon! This year we had 15 walkers lace up their shoes and head out for a 2km or a 5km walk. The sponsorship monies, together with the walker registration fee has amounted to \$4,030.00 and counting. On behalf of the Board of Directors at YWALC, I thank you for supporting our 2022 Walk-a-thon. All funds raised this year will go to support our in-person and virtual programming.

Debby Culotta Fernandes  
Chair Fundraising Committee

## Upcoming Events

**Spring Newpage comes out - March 9**

**In-person Spring Registration  
- March 12 & 13**

**St. Patrick's Day Lunch - March 17**

**Winter Make up week starts - March 27**

**YWALC Open House - March 30**

## Our Board of Directors

Vera Nazareth - Chair  
Debby Culotta-Fernandes - Vice Chair  
Cathy-Ann Cope - Secretary  
Rocio Tantauillca Landeo - Treasurer

## Board Members at Large

Roberta Jennings  
Mary Kowalsky  
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](mailto:suzanne@ywalc.ca)  
Danna ext 223    [danna@ywalc.ca](mailto:danna@ywalc.ca)  
Allegra ext 233    [allegra@ywalc.ca](mailto:allegra@ywalc.ca)  
Joanne ext 225    [joanne@ywalc.ca](mailto:joanne@ywalc.ca)  
Dave ext 226    [dave@ywalc.ca](mailto:dave@ywalc.ca)

**You can also leave a message at reception**

## 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 Danna

## Need help with Tech Issues?

Computer not doing what you tell it to do?  
Tablet issues, cell phone issues?  
Want to know how to set up an app?

## Call TechServeTO

1-888-418-4771 for a free appointment  
or  
on line at <https://www.techserveto.com/>

# **THANK YOU** **FOR YOUR DONATION**

## Words of Wisdom

Steven Scott	Sachi Nagano
Margaret Lemelin	Andrea Ridolfo
Roma Francis	Susan Mott
Sheila Cassie	Kailash Arora
Gayle Naples	Paro Singh
Joan Humphrey	Irene Yeomans
Lorna Karacsonyi	Mike Vandenberg
Vesta Icke	Ann Hulak
Diane Riccio	Sampat Sampat
Dian Eastman	Linda Rosati
Kay Pavadai - In memory of Wally Schaffert and Shireen Paddy	

**Being HAPPY  
doesn't mean that  
everything is  
perfect. It means  
that you have  
decided to look  
beyond the  
imperfections.**

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

tear along dotted line

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: \_\_\_\_\_

Do you require a tax receipt? Y N

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

