

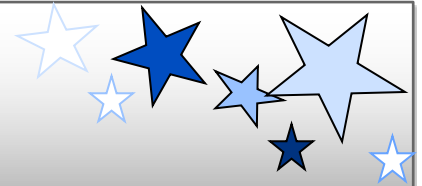
YORK WEST



Active Living Centre

Newspage

Winter 2024



YWALC

Invites you to attend our
annual

Open House

1901 Weston Road, main floor

Wednesday March 27, 2024

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.

You can take out a one-year membership anytime. Membership is \$35.00 per year and allows access to all of our free, paid, instructional, transportation, social and educational activities and services.

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

For information
call us at 416.245.4395

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

or



Find us on
Facebook

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 - 4:00 pm

1901 Weston Road
Weston, Ontario M9N 3P5

Centre Closures

Monday January 1 - New Years Day

Monday February 19 - Family Day

Friday March 29 - Good Friday

No Programs

Wednesday February 14

Special Event Day

Wednesday March 27 - Open House

2024

Registration Information

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

In-person instructional and social program registration:

Registration for in-person programming will take place on Wednesday December 13 and Thursday December 14, and will continue afterwards until classes are full.

The doors will open at 8:30 am on December 13 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 14. Registration will continue afterwards until classes are full. For ease of registration, please mark your program choices clearly on a piece of paper or the program schedule.

Note: Social programs are also pay in advance, social programs are \$2.00 per week and an allowance of 2 weeks has been made for cancellations and makeup days. If you would like to pay as you go, the drop in fee for social programs is \$3.00 per class.

Virtual program registration:

Members who are registering for virtual programs may register as of December 5. Please remember that there is no capacity limit to our virtual programming, so, no need to line up.



On December 13 and 14, we will not be taking phone calls for virtual registration until 2:00 pm.

Paying by Phone :

- Please call the office at 416-245-4395
- You can reach Danna at ext 223 or Suzanne at ext 224 to pay by credit or debit card (newer versions) or to register for social programs.

Registration Team

Any way you choose to register Danna and Suzanne are ready to help! You can always catch one of us between 9:00 am and 2:00 pm, if you get our voicemail, please leave a message. We will get back to you ASAP.

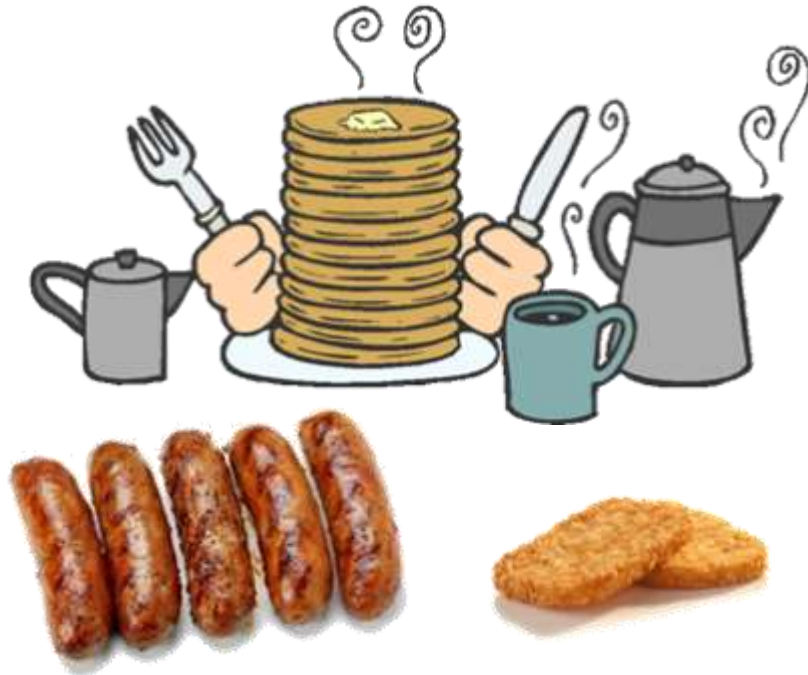


Note: If you are mailing a cheque please allow 2 weeks for registration.



Come join us for a Pancake Lunch

Tuesday February 13 @ 11:30 am



Menu

2 pancakes
1 hash brown
2 breakfast links/patties
coffee/tea

Cost: \$10.00

Register at the front desk starting February 1
Membership required



8th Annual YWALC Walk-a-thon Saturday October 7, 2023

October 7th was a beautiful fall morning for our walk-a-thon! This year we had 18 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 \$ 4,700. On behalf of the Board of Directors at YWALC, I thank you for supporting our 2023 Walk-a-thon. All funds raised this year will go to support our in-person and virtual programming.

Debby Culotta Fernandes
Chair Fundraising Committee



What's Happening this Winter...

As many of you are aware our new instructor Ella was unable to start the BollyFit and Gentle Fitness programs this winter. We are wishing Ella well this winter and we hope to have Ella start her new programs in the Spring.

We are thankful to Silvana who has agreed to step into the **new Gentle Fitness** program as a substitute instructor for the winter program session.

Also, new this winter is **Yoga and Chair Yoga** on Tuesdays, these programs are welcomed back in house after a long absence.

Watch the weekly news and bulletin boards this winter for **pop up programs** as we try out new program ideas and instructors for the spring session.

Line Dancing Improvers is now a 2hr program for those of you who can't get enough line dancing!

Clogging is at a new time, see the schedule for details.

Our Zumba Gold instructor **Julia** will also be heading up our **virtual Zumba Gold** class on Thursday mornings, see the virtual schedule for details.

Do you know a fitness instructor that you would like to see at the Centre please ask them to call or email Danna at the Centre danna@ywalc.ca

YWALC 2024 Winter In-person Instructional Programs

Program	Instr.	Date	Time	Cost	Room
MONDAY					
9 weeks Centre closed Jan 1 & Feb 19, no class Jan 29					
Seated Pedaling	Julia	Jan 8- Mar 18	9:45 - 10:15 am	\$17.00	Centre 1 & 2
Zumba Gold	Julia	Jan 8- Mar 18	10:30 - 11:30 am	\$33.75	Centre 1 & 2
TUESDAY					
11 weeks no class Jan 2					
Essentrics	Silvana	Jan 9 - Mar 19	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Chair Yoga - New! Welcome back	Silvana	Jan 9 - Mar 19	10:45 - 11:45 am	\$41.25	Centre 1 & 2
Yoga - New! Welcome back	Silvana	Jan 9 - Mar 19	12:00 - 1:00 pm	\$41.25	Centre 2
WEDNESDAY					
11 weeks no programs Feb 14					
Clogging (10 weeks no class Mar 13)	Colleen	Jan 3 - Mar 20	10:30 - 11:30 am	\$37.50	Centre 1 & 2
Gentle Fitness (10 weeks no class Jan 3) New	Silvana	Jan 10 - Mar 20	12:45 - 1:45 pm	\$37.50	Centre 1 & 2
THURSDAY					
12 weeks					
Low Stress Chair Fit	Karen	Jan 4 - Mar 21	10:00 - 11:00 am	\$45.00	Centre 1 & 2
Line Dancing - Beginners	Karen	Jan 4 - Mar 21	11:30 - 12:30 pm	\$45.00	Centre 1 & 2
Line Dancing - Improvers - now 2hrs	Karen	Jan 4 - Mar 21	1:00 - 3:00 pm	\$90.00	Centre 1 & 2
FRIDAY					
12 weeks					
Body Boot Camp/Modified	Karen	Jan 5 - Mar 22	9:00 - 10:00 am	\$45.00	Centre 1 & 2
Drum Fitness	Karen	Jan 5 - Mar 22	11:00 - 12:00 pm	\$45.00	Centre 1 & 2

Note: Instructional programs are pay in advance, instructional programs are \$3.75 per hour. Make up classes are scheduled from March 25 to March 28. If you would like to pay as you go, the drop in fee for instructional programs is \$5.00 per hr minimum.

**In-person registration
Wednesday December 13 and Thursday December 14**

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**

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 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. (mostly chair and some standing poses)

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.

Gentle Fitness

This seated Gentle Fitness Class is just right for beginners or those who have been away from fitness for awhile. When you exercise, your body releases endorphins that energize your mood, relieve stress, boost your self-esteem, and trigger an overall sense of well-being. Make Wednesday's your feel good day!

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.

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. (mat yoga)

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



2024 Winter Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
MONDAY 10 weeks Centre closed Jan 1 & Feb 19					
Circuit Training	Corinne	Jan 8- Mar 18	9:30 - 10:30 am	\$37.50	TBD
BAM - Balance and Mobility	Susan D	Jan 8 - Mar 18	10:45 - 11:45 am	\$37.50	TBD
Hand Dance (9 weeks no class Jan 8)	Karen	Jan 15 - Mar 18	12:00 - 12:30 pm	\$17.00	TBD
TUESDAY 12 weeks					
Fit for Life Fusion	Susan D	Jan 2 - Mar 19	9:15 - 10:15 am	\$45.00	TBD
Watercolour Painting	Susan M	Jan 2 - Mar 19	1:00 - 3:00 pm	\$90.00	TBD
WEDNESDAY 11 weeks no programs Feb 14					
BLT - Bum, Legs, Tummy	Corinne	Jan 3 - Mar 20	10:30 - 11:30 am	\$41.25	TBD
Pilates (45 mins.)	Corinne	Jan 3 - Mar 20	11:45 - 12:30 pm	\$41.25	TBD
Zentangle Workshop (6 weeks)	Josephine	Jan 10 - 17 Feb 7 - 28	7:00 - 8:00 pm	\$22.50	Danna/ Suzanne
THURSDAY 12 weeks					
Zumba Gold (11 weeks no class Feb 1)	Julia	Jan 4 - Mar 21	8:30 - 9:20 am	\$41.25	TBD
Yoga	Abhi	Jan 4 - Mar 21	9:30 - 10:30 am	\$45.00	TBD
FRIDAY 12 weeks					
PostureFlex Plus	Susan D	Jan 5 - Mar 22	9:15 - 10:15 am	\$45.00	TBD

Note: Instructional programs are pay in advance, instructional programs are \$3.75 per hour. Make up classes are scheduled from March 25 to March 28. If you would like to pay as you go, the drop in fee for instructional programs is \$5.00 per hr minimum. For drop in virtual programs, please pay at the centre for purchases under \$15.00

Instructional programs are proudly supported by



Delta
BINGO & GAMING



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

BLT - Butt, Legs, Tummy

BLT otherwise known as butt, legs and tummy combines several exercise routines that focus on toning and strengthening. Working the abdomen and lower body, a BLT class is fantastic for increasing stamina and endurance. Incorporating squats, lunges, leg raises, and more, our BLT classes are perfect for getting fit. This low to medium intensity class helps older adults to maintain a good level of fitness.

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.

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 Plus

All the features of the original but with some "Attitude". PostureFlex Plus will blend specific postural alignment exercises with some ballet inspired moves from Barre to strengthen and tone arms and legs, along with exercises based on the core strength principles of Pilates. Enhance awareness and practice of healthy postural alignment, build core strength, tone muscles of arms and legs, improve not only posture, but flexibility, mobility and balance. This no floor workout is suitable for all levels.

Watercolour Painting

Learn how to paint within a friendly, relaxed setting. You will be taught basic painting and drawing techniques; brush strokes and enjoy 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

This 8 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. No artistic talent required. **Zumba**

Zumba Gold (50 mins)

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.

Don't wait to register, register today!

2024 Winter In-person Social Programs

Program	Instr/Conv	Date	Time	Cost	Room
MONDAY 11 weeks Centre closed Jan 1 & Feb 19					
Social & Fitness (in Italian)	Lina	Jan 8- Mar 25	9:00 - 11:45 am	\$18.00	Welcome Room
French Class	Margaret	Jan 8- Mar 25	10:45 - 11:45 am	\$18.00	Games Room
Lunch Program	n/a	Jan 8- Mar 25	11:45 - 1:00 pm	\$10.00 ea.	Kitchen/Hallway
Colouring	Staff	Jan 8- Mar 25	1:00 - 2:30 pm	\$18.00	Welcome Room
TUESDAY 13 weeks					
Hope - English for Beginners (taught in Spanish)	Tonia	Jan 2 - Mar 26	10:00 - 11:30 am	\$22.00	Games Room
Pizza Lunch (first Tuesday of each month) register in advance	n/a	Jan 2 - Mar 5	12:00 - 1:00 pm	\$ 5.00 ea.	Kitchen/Hallway
Low Vision Support Group (first Tuesday of each month)	Bruno	Jan 2 - Mar 5	1:00 - 3:00 pm	n/a	Centre 1
Bridge - Beginners	Roma	Jan 2 Mar 26	1:00 - 3:00 pm	\$22.00	Welcome Room
WEDNESDAY 11 weeks no programs Feb 14 & Mar 27					
Low Vision Craft Group	Irene Y	Jan 3 - Mar 20	10:00 - 12:00 pm	\$18.00	Welcome Room/ Kitchen
Italian Conversation Group	Lina	Jan 3 - Mar 20	10:30 - 12:00 pm	\$18.00	Games Room
International Lunch (second Wednesday of each month) register in advance	n/a	Jan 10 - Mar 13	12:00 - 1:00 pm	\$ varies	Kitchen/Hallway
THURSDAY 13 weeks					
Weekly Free Meal Pick Up	Staff	Jan 4 - Mar 28	9:00 - 2:00 pm	free	Reception
HOPE - English for beginners (taught in Spanish) - Hybrid	Rebecca	Jan 4 - Mar 28	9:30 - 10:30 am	\$22.00	Games Room
Lunch Program	n/a	Jan 4 - Mar 28	11:45 - 1:00 pm	\$8.00 ea.	Kitchen/Hallway
Spanish Class - Hybrid	Teresa	Jan 4 - Mar 28	12:00 - 1:15 pm	\$22.00	Games Room
Colouring	Staff	Jan 4 - Mar 28	1:30 - 3:00 pm	\$22.00	Games Room
Cribbage		Jan 4 - Mar 28	1:30 - 3:30 pm	\$22.00	Welcome Room
FRIDAY 12 weeks Centre closed Mar 29					
Lunch Program	n/a	Jan 5 - Mar 22	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Craft Club Social	Chriss	Jan 5 - Mar 22	12:30 - 2:00 pm	\$20.00	Welcome Room
Social Bridge	Roma/Kay	Jan 5 - Mar 22	1:30 - 3:30 pm	\$20.00	Games Room

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

Social Program Descriptions

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) (Tuesday in-person & Thursday Hybrid)

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.

Centro Esperanza (HOPE) (Martes en persona & Jueves híbrido)

El Centro Esperanza es un espacio virtual o en persona donde adultos mayores (55+) de habla hispana, tienen la oportunidad de aprender y mejorar su nivel de Inglés y sus habilidades conversacionales. HOPE promueve el desarrollo individual y la integración social mediante actividades educativas.

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 knitting project and enjoy the afternoon in the company of women.

Cribbage

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

Spanish Class (in-person or virtual, instructor virtual)

Spanish Class is for all levels. Beginners will enjoy personal attention at the beginning of class and more advanced participants will dive into grammar and sentence structure. The class will come to completion with relaxed conversation, in Spanish, so that all can join in.

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.

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 reheat.

Note: Social programs are now pay in advance, social programs are \$2.00 per week and an allowance of 2 weeks has been made for cancellations and makeup days. If you would like to pay as you go, the drop in fee for social programs is \$3.00 per.

**In-person social program registration
Wednesday December 13 and Thursday December 14**

Celebrate Galentines Day

at YWALC

Wednesday February 14, 2024

Spend the afternoon in the company of friends,
wear your comfies and slippers

The afternoon includes:

Movie & Snacks

Henna tattoos

Boxed lunch

Coffee/tea and cold drinks

The fun starts at 11:00 am

Cost \$30.00

Tickets on sale Monday January 15
at the front desk/membership required

No programs this day

Wine raffle draw takes place at this event





YWALC Fundraiser

Tickets

1 for \$10.00

or

3 for \$25.00

3 prizes to be won

Tickets on sale Monday January 15

Purchase tickets at the front desk

or

call 416-245-4395

Monday to Friday 9:00 - 2:00 pm to
purchase by debit or credit

Draw to be held at the
Galentines Day event

*Must be 19 years of age or older to purchase tickets

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

Danna ext 223 danna@ywalc.ca

Allegra ext 233 allegra@ywalc.ca

Joanne ext 225 joanne@ywalc.ca

Dave ext 226 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

**"You'll never get bored
when you try something
new. There's really no limit
to what you can do."**

Dr. Seuss

THANK YOU FOR YOUR DONATION

Roma Francis

Wally Van Dyken

Maria Flores

Irene Yeomans

Joan Cribari

Iristel

Lina Busetto - In memory of my dear friend Gwen

Kay Pavadai - In memory of Kamali Devi Pavadai

Steve Scott - In memory of Cory Scott

Bruno laboni - In memory of Claudia Oriano

Italian Conversation Group - In memory of Claudia Oriano

Maggie Meredith - In loving memory of my late husband Schuyler

Dian Eastman - In memory of Chantal & Aubrey

Special thanks to all of the Walk-a-thon Sponsors

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: _____

You have my permission to publish my name related to this donation Y N

For donations over \$20.00, would you like a tax receipt? 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.

