



Happening at YWALC, it's big, it's bold, it's a falltastic Try Before You Buy Week!!



Yes, virtual, in-person, instructional and social programs, all try before you buy. **Our Centre is open to everyone 55+ to try, the week of Tuesday September 3 to Friday September 6.** Come in and see what we do, try a program, watch a demo, have a little snack and get to know us. Check out this newspage for program schedules, and descriptions of our fall programs.

Here are a few of the finer details;

For one week only, all of our programs are free for anyone 55 and over! This includes our instructional and social programs, the only requirements are, that you are 55 and over and if you are choosing virtual programs, are able to join us via the Zoom platform. Our friendly staff are available by email and phone, please contact them with any questions you may have.

For virtual programs, when you decide what programs you would like to try, simply email or phone the staff member listed with that program, tell them your name, email address 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. You may register and pay for virtual programs at anytime after this newspage has been released.

For in-person programs during Try Before You Buy Week we are limited as to the number of people in a room at one time. So, we will let people try on a first come first try basis.

For those in the community who are not members of our centre, if, after trying the programs and after meeting our great staff, instructors and volunteers you would like to continue with any of our programs, you would be required to take out a membership (\$35.00 per year, and pay any additional costs for programs as outlined in the session schedules).

In-person registration will take place on Thursday September 5 & Friday September 6 starting at 8:30 am. In person programs will be filled on a first come first served basis. Please feel free to contact any staff member with any questions you may have!

Programs not included in Try Before You Buy Week: all Monday programs, Hip Hop Fitness Workshop and Essentrics.

For information
call us at 416.245.4395

- Executive Director Suzanne ext. 224
- Manager Direct Services Danna ext. 223
- Social Transportation and Administrative Support Dave 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 - 4:00 pm

1901 Weston Road
Weston, Ontario M9N 3P5

Centre Closures

Labour Day - September 2
Thanksgiving - October 14
Christmas Holidays - Dec 25 to Jan 1

No Programs

Thanksgiving Lunch - October 11
Holiday Lunch - December 4
Sing-a-long - December 20



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

Registration Information

Members 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 Thursday September 5 and Friday September 6, and will continue afterwards until classes are full.

The doors will open at 8:30 am on September 5 for first come first served registration of in-person programs, registration will continue until 1:00 pm and resume at 8:30 am on September 6. 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, an allowance of 2 weeks has been made within the program fees 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 August 19. Please remember that there is no capacity limit to our virtual programming, so, no need to line up. If you register early for virtual programs you will automatically be registered in the Try Before You Buy Week.



On September 5 and 6, 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.





9th Annual YWALC Walk-a-thon

Saturday October 5

This will be our ninth Annual **YWALC Stay Active, Be Fit, Live Well Walk-a-thon** and we continue the tradition of walking in our own neighborhood. This family event raises funds that come directly to our Centre. With your registration fee this year, you can opt to walk at home. Yes, you can still register for the walk and stay in the comfort and safety of home. Just think, you can help the centre reach our fundraising goal and you could walk around the house (inside or outside), march on the spot or even march while sitting, or, you can skip the walking and sponsor one or more of the walkers (see how to sponsor below).

Participants will be walking **2K** (approx. 25 mins) or **5K** (approx. 1 hour) in and around Weston. The starting point will be **YWALC, rain or shine** (please be shine).

How to Sponsor:

1. **Send a cheque by mail** to **YWALC** 1901 Weston Rd. Weston, ON M9N 3P5 please write in the memo portion of your cheque (walkathon or walk)
2. **Pay by credit card** for sponsorships of \$20.00 or more, over the phone (call during office hours and speak to Danna or Suzanne)
3. **Drop off** a sponsorship at our reception.
4. **Online donations**, go to <https://www.ywalc.ca/donate-now/>, at donation details, under the word FUND click the drop down menu and select Stay Active, Be Fit, Live Well Walkathon

How to Register to Walk:

1. **Fill out a registration form.** Registration forms are available by September 3. Call Danna at 416-245-4395 ext. 223 or email danna@ywalc.ca, Danna will be happy to email, mail or arrange to get you a registration form
2. **Pay your registration fee**, by mail, drop off at the centre or call Danna to arrange payment by phone. Registration is **\$10.00 for older adults** 55 and over and children 14 and under, **\$20.00 for adults** (15 - 54) and **\$40.00 for families**.

We do not expect the walkers to collect sponsorships, they can if they are comfortable.

Every little bit does help! With a donation of \$20.00 or more you will receive a charitable tax receipt, but we are happy to accept any amount that can be spared.



2024 Fall In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
MONDAY 13 weeks Centre closed Sept 2 & Oct 14					
Seated Pedaling	Julia	Sep 9 - Dec 9	9:45 - 10:15 am	\$21.00	Centre 1 & 2
Zumba Gold	Julia	Sep 9 - Dec 9	10:30 - 11:30 am	\$41.25	Centre 1 & 2
Chair Yoga/Yoga - New instructor!	Lu	Sep 9 - Dec 9	1:00 - 2:00 pm	\$48.75	Centre 1 & 2
TUESDAY 15 weeks					
Hip Hop Fitness Workshop (4 weeks) - New!	Allison	Sep 3 - Sep 24	9:45 - 10:45 am	\$20.00	Centre 1 & 2
Essentrics (11 weeks)	Silvana	Oct 1 - Dec 10	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Get Up & Go	Kharen	Sep 3 - Dec 10	11:30 - 12:30 pm	\$52.50	Centre 1 & 2
Watercolour Painting (14 weeks no class Sep 17)	Susan M	Sep 3 - Dec 10	1:00 - 3:00 pm	\$97.50	Games Room
WEDNESDAY 14 weeks no programs Dec 4					
Zumba Gold Chair Fusion (13 weeks no class Sep 25)	Julia	Sep 4 - Dec 11	11:15 - 12:15 am	\$45.00	Centre 1 & 2
Gentle Fitness	Gina	Sep 4 - Dec 11	12:45 - 1:45 pm	\$48.75	Centre 1 & 2
Qi Gong - New!	Gina	Sep 4 - Dec 11	2:00 - 3:00 pm	\$48.75	Centre 1 & 2
THURSDAY 15 weeks					
Low Stress Chair Fit	Karen	Sep 5 - Dec 12	10:00 - 11:00 am	\$52.50	Centre 1 & 2
Line Dancing - Beginners	Karen	Sep 5 - Dec 12	11:30 - 12:30 pm	\$52.50	Centre 1 & 2
Line Dancing - Improvers	Karen	Sep 5 - Dec 12	1:00 - 2:30 pm	\$78.75	Centre 1 & 2
FRIDAY 14 weeks no programs Oct 11					
Body Boot Camp	Karen	Sep 6 - Dec 13	9:30 - 10:30 am	\$48.75	Centre 1 & 2
Drum Fitness	Karen	Sep 6 - Dec 13	11:15 - 12:15 pm	\$48.75	Centre 1 & 2
Hand Dance	Karen	Sep 6 - Dec 13	12:30 - 1:00 pm	\$25.00	Centre 1 & 2
Seated Drum Fitness	Karen	Sep 6 - Dec 13	1:30 - 2:30 pm	\$48.75	Centre 1 & 2
MONDAY - FRIDAY					
YWALC Workout Room available on a first come first served basis.	unsupervised	9:00 - 2:00 pm	Free with membership	MK Room	

Note: Make up classes are scheduled from December 16 to 19. 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 on Thursday September 5 & Friday September 6 doors open at 8:30 am

In-person Instructional Program Descriptions

Body Boot Camp

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/Yoga - New Instructor!

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. Mat Yoga participants welcome.

Drum Fitness & Seated Drum Fitness

Drum Fitness class utilizes movement and rhythm with sticks and resistance balls. 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 (seated)

Improve balance, flexibility and range of motion. This class has movements firmly rooted in Qi Gong. Building strength and increasing flexibility and mobility in the muscles and joints you use for all these movements, will make everyday activities easier and improve overall quality of life.

Get Up & Go Fitness

This is a great way to keep an active lifestyle while improving your agility and coordination. Be motivated as you are coached by your energized instructor. Whole body strength and resistance training as well as cardio are employed and tailored to your abilities.

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.

Hip Hop Fitness Workshop

See details page 8

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.

Qi Gong

See details page 8

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.

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.

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.

Zumba Gold Chair Fusion

Sit, stand or do a bit of both! Julia will ease you into this modified Zumba Gold routine 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 Gold choreography that focuses on balance, range of motion and coordination. Increase your core stability with a little Pilates style fusion with the assistance of 1-3 lb weights and stretch bands. Guaranteed to make you feel great all over!

2024 Fall Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
MONDAY 13 weeks Centre closed Sep 2 & Oct 14					
Circuit Training	Corinne	Sep 9 - Dec 9	9:30 - 10:30 am	\$48.75	Suzanne
B*A*M - Balance Alignment Mobility - New	Susan D	Sep 9 - Dec 9	10:45 - 11:45 am	\$48.75	Suzanne
TUESDAY 15 weeks					
Fit for Life Fusion	Susan D	Sep 3 - Dec 10	9:15 - 10:15 am	\$52.50	Suzanne
Pilates (45 mins.)	Corinne	Sep 3 - Dec 10	10:45 - 11:30 am	\$52.50	Danna
WEDNESDAY 14 weeks no programs Dec 4					
BLT - Bum, Legs, Tummy	Corinne	Sep 4 - Dec 11	10:30 - 11:30 am	\$48.75	Danna
THURSDAY 15 weeks					
Yoga	Abhi	Sep 5 - Dec 12	9:30 -10:30 am	\$52.50	Suzanne
FRIDAY 14 weeks no programs Oct 11					
Fit5 Friday - New (13 weeks no class Oct 4)	Susan D	Sep 6 - Dec 13	9:15 - 10:15 am	\$45.00	Danna
Line Dancing (all levels)	Kharen	Sep 6 - Dec 13	11:00 - 12:00 pm	\$48.75	Danna

Note: Make up classes are scheduled from Dec 16 - 19. 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.

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

Instructional programs are proudly supported by



Delta
BINGO GAMING



Virtual Instructional Program Descriptions

B*A*M - Balance Alignment Mobility - New!

This class will combine elements from the original BAM and PostureFlex classes. Work on stability and range of motion through active and passive stretching as well as balance exercises. Enhance awareness and practice of healthy postural alignment, build core strength with a blend of specific postural alignment exercises from various modalities. 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.

Fit5 Friday - New!

Variety is foundational to an effective fitness program. Prevent boredom and keep motivated with Fit5 Friday. Featuring a 5 week rotation of fun and functional workouts:

1. Cardio/Flex,
2. Build a Combo Strength,
3. No Floor Core/Walk Fit,
4. Take a Seat - Chair Based Fitness, and
5. Mindful Movement

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.

Line Dancing (all levels)

Embrace the joy of movement with this virtual Line Dance class for all levels.

Line Dancing is fun, and, there is no need for a partner. It's a wonderful way to stay fit.

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.

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.

Don't wait to register, register today!

2024 Fall Social Programs

Program	Date	Time	Cost	Room
MONDAY 14 weeks Centre closed Sep 2 & Oct 14				
Social & Fitness (in Italian)	Sep 9 - Dec 16	9:00 - 11:45 am	\$24.00	Welcome Room
French Class (10 weeks no classes in Sep)	Oct 7 – Dec 16	10:45 - 11:45 am	\$16.00	Games Room
Lunch Program	Sep 9 - Dec 16	11:45 - 1:00 pm	\$10.00 ea.	Kitchen/Hallway
Colouring	Sep 9 - Dec 16	1:00 - 2:30 pm	\$24.00	Welcome Room
TUESDAY 16 weeks				
Hope - English for Beginners (taught in Spanish) New time! (Nuevo tiempo)	Sep 3 - Dec 17	10:30 - 12:00 pm	\$26.00	Games Room
Low Vision Support Group (first Tuesday of each month)	Sep 3, Oct 1, Nov 5, Dec 3	1:00 - 3:00 pm	n/a	Centre 1
Bridge - Beginners	Sep 3 - Dec 17	1:00 - 3:00 pm	\$26.00	Welcome Room
WEDNESDAY 15 weeks no programs Dec 4				
Italian Conversation Group	Sep 4 - Dec 18	10:30 - 12:00 pm	\$24.00	Games Room
Lunch Special (3rd Wednesday of each month excluding Dec)	Sep 18, Oct 16, Nov 20	12:00 - 1:00 pm	\$ varies	Kitchen/Hallway
THURSDAY 16 weeks				
Weekly Free Meal Pick Up	Sep 5 - Dec 19	9:00 - 2:00 pm	free	Reception
HOPE - Spanish Social	Sep 5 - Dec 19	9:30 - 10:30 am	n/a	Games Room
Lunch Program	Sep 5 - Dec 19	11:45 - 1:00 pm	\$8.00 ea.	Kitchen/Hallway
Spanish Class - New time & in-person only	Sep 5 - Dec 19	12:45 - 1:45 pm	\$26.00	Games Room
Colouring - New time!	Sep 5 - Dec 19	2:00 - 3:30 pm	\$26.00	Games Room
Cribbage	Sep 5 - Dec 19	1:00 - 3:00 pm	\$26.00	Welcome Room
FRIDAY 14 weeks no programs Oct 11 & Dec 20				
Lunch Program	Sep 6 - Dec 13	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Craft Club Social	Sep 6 - Dec 13	12:30 - 2:00 pm	\$22.00	Welcome room
Social Bridge	Sep 6 - Dec 13	1:15 - 3:15 pm	\$22.00	Games Room

Instructions for registration can be found on Page 2

**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 Instructional & Thursday Social in-person)

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 & Jueves en persona)

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 (Mondays & Thursdays) Thursday new time!

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 only)

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 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 pay in advance, an allowance of 2 weeks has been made within the program fees 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.

Hip Hop Fitness Workshop

Tuesday's
September 3 - 24
(4 weeks)

9:45 - 10:45 am

Cost: \$20.00

Register Now!



Don't miss this one of a kind Hip Hop Fitness Workshop , tailored with our members in mind. Allison B, choreographer, performer and dancer will put us to the test with this spirited fitness workshop.

This workshop is not included in Try Before You Buy Week, register now at the front desk or by phone 416-245-4395 to secure a spot in this exclusive members only workshop

Qi Gong

Wednesday's
Sep 4 - Dec 11

(14 weeks)

2:00 - 3:00 pm

Cost: \$48.75



The objective of Medical Qi Gong is to teach a step-by-step method of exercise to keep the body and mind in optimal fitness.

This highly effective and easily retainable system of Qi Gong is designed for everyone, of any age and ability. This very low-impact form of exercise includes standing movements as well as slow-motion movements similar in style to Tai Chi.

Don't miss your chance to try this class on September 4, registration starts Thursday September 5





YWALC Thanksgiving Lunch

Friday October 11

at 12:00 pm

Cost: members \$30.00

non-members \$35.00

on sale Monday September 9

Menu: Turkey, mashed potatoes, dressing,
vegetable and gravy, dessert and drink
Vegan option available

Eat at the centre or takeout

Purchase your YWALC Thanksgiving Lunch at reception
or to pay by phone, call 416-245-4395
Monday to Friday 9:00 am to 2:00 pm

Note: To ensure the enjoyment for all, reserved tables will
be limited to 6 per table. Please do not move tables or
table settings at the lunch

Outdoor Walking/Pole Walking

Join us for an activity that we can enjoy together outside in the fresh air. Choose from any one of our outdoor walks or both. Whether you walk in a group or walk alone, we can all be together.

Current membership is required to join the groups

Mondays and Fridays

starting September 6

until November 29

8:00 - 9:00 am

Humber River Path

All meet ups are at 7:55 am.

Walk along the Humber River Path. We will meet in the Cruickshank Park parking lot, 2170 Lawrence Ave West, on the northwest corner of Little Ave. and Lawrence Ave. West.

Your group convenors are Cathy-Ann & Mary K.



Lunch Special Days

(3rd Wednesday of each month excluding Dec)

Wednesday September 18 at 12:00 pm

Wednesday October 16 at 12:00 pm

Wednesday November 20 at 12:00 pm

Cost: varies

Includes: small main, drink & dessert

Register and pay in advance at reception

(see weekly news and in house flyers for details)



Stay tuned for details on:

***Cops & Coffee**

***Ask the Expert**

Information Sessions

***Lunch Special Days**

***Holiday Basket Raffle**

***Holiday 50/50 Raffle**

Ask Danna to add you to the weekly news email list to receive ongoing information about what's happening at YWALC



**YWALC Holiday Lunch
Wednesday December 4
at 12:00 pm**

**Cost: members \$30.00
non-members \$35.00**

Tickets on sale Friday November 1

Menu includes: Turkey, mashed potatoes, dressing,
vegetable and gravy, dessert and drink

Vegan option available

Eat-in or Take-out

Entertainment and door prizes

Basket Raffle draw at 1:00 pm

Purchase your YWALC Holiday Lunch at reception

or to pay by phone, call 416-245-4395

Monday to Friday 9:00 am to 2:00 pm

Note: To ensure the enjoyment for all, reserved tables will be limited to
6 per table. Please do not move tables or table settings at the lunch



Roasted Garlic Parmesan Cabbage Wedges - Perfect for Fall!

A low calorie, inexpensive and delicious way to serve your cabbage as a side. This dish is the ultimate fall comfort side because its easy to prepare and delivers on that garlic parmesan flavor. The best part of the dish is that leftovers are easy to warm up the next day!

Ingredients

- 1 head green cabbage
- 1/4 heaping cup olive oil
- 4 cloves garlic, minced
- 1/2 tsp each paprika, onion powder, chili pepper flakes
- salt to taste
- 1/4 cup grated parmesan cheese



Garnish:

fresh parsley, fresh grated parmesan, black pepper + lemon wedges

Instructions

- Preheat your oven to 400F. Line a baking sheet with parchment paper.
- Stem then slice your cabbage head in half. Slice those halves in half and then again one more time those halves in half. You should have 8 equal size wedges.
- In a small bowl, whisk together the olive oil, garlic, seasonings and grated parm. Brush this mixture on all sides of the wedges. Roast for 20 minutes then flip the wedges. Roast for another 10-15 minutes or until golden brown at edges. Serve with lemon wedges and fresh parsley.



Christmas Sing-a-Long with Dave at YWALC

(no programs this day)

Friday December 20

1:00 - 2:30 pm

Cost \$5.00

(to anyone in the 55+ community)

**Register for the Sing-a-long starting
Monday November 18**

Pay and reserve your space, at reception

or to pay by phone, call 416-245-4395

Monday to Friday 9:00 am to 2:00 pm

(draw for the YWALC Christmas 50/50 winner at 2:25 pm)

YWALC
Annual General Meeting
Thursday September 5
Time: 1:30 pm onwards
This is a voting year!

This is also an ice cream year,
all in-person attendees will receive an
ice cream treat at the AGM!

Current YWALC members are
welcome to attend
by Zoom or in person.

To receive a Zoom link or to register
please email
Suzanne suzanne@ywalc.ca



One Class Drop in

**Going away? Can't commit?
No Problem!**

**With your valid YWALC membership,
you can drop in to in-person
instructional and social programs...**

Drop in rates:

In person instructional programs

\$5.00 per 30 to 60 min class

\$7.50 per 90 min class

\$10.00 per 120 min class

In person social programs

\$3.00 per class

The fine print: Some classes may be full after session
registration, we strive to keep you informed about full classes,
however, this information can change rapidly. Calling ahead
can help to avoid disappointment.

Our Board of Directors

Debby Culotta-Fernandes - Chair **New**

Mary Kowalsky—Vice Chair **New**

Rocio Tantauillca Landeo - Treasurer

Diana Santos—Secretary **New**

Board Members at Large

Cathy Ann Cope

Piedad Jaramillo

Adrienne McKenzie

Amanda Meadows

Vera Nazareth

Shazia Yasmeen

How to Reach YWALC Staff

Office 416-245-4395

Suzanne ext 224 suzanne@ywalc.ca

Danna ext 223 danna@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 Spanish contact Danna

Membership has it's privileges

YWALC annual membership gives you access to
dynamic instructional and social programming for
older adults, exclusive special events and gifts,
and referral services through our knowledgeable
staff and community partners.



THANK YOU FOR YOUR DONATION

Piedad Jaramillo	Sachi Nagano
Lorna Karacsonyi	Diane Riccio
Tonia Price Halliday	Margaret Lemelin
Edda Wright	Paramdai Singh
Edith Young	Roma Francis

be kind
for everyone you meet
is fighting a
battle you know nothing
about

Interesting Bits About Autumn...

Autumn begins

There are two different dates when autumn could be said to begin. Autumn, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on 22 or 23 September. However, to record climate data, it is important to have set dates that can be compared, so meteorological autumn always begins on 1 September.

Persephone's return

In Greek mythology, autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking spring.

A date for your diary - 24 September 2303

Generally speaking, the autumn equinox always falls on either 22 or 23 September, but not quite always.

Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the autumn equinox will very occasionally fall on September 24. This last happened in 1931 and will next happen in 2303.



Feedback forms are located at the sign in kiosk, we are always happy to hear your feedback whether it is general questions, concerns or compliments . If you would like to have a concern or question addressed personally, please add your name to the form. Confidentiality and anonymity will be honoured.

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