



presents a NEW series

Ask an Expert

December's sessions feature our Neighbourhood Community Police Officers and Ken Tooby from TCH followed by a snack and light exercise by a YWALC instructor.

In-person/Virtual via Zoom

Time: 1:00 to 3:30 pm

Cost: Free to the 55+ Community

To register for in-person contact reception at 416-245-4395 or for virtual contact Julie@ywalc.ca



Tuesday December 10 - Seniors Safety in the Community

Tuesday December 17 - Common Fraud Scams, How to Recognize the Red Flags and Not Fall Victim

Monday December 23 - Senior Safety in the Home

Ontario 

Funded by the Government of Ontario

Stay Active

1901 Weston Rd. Weston M9N 3P5

Be Fit

416.245.4395

Live Well

www.ywalc.ca