

YWALC

Invites you to attend our

Community Fair

1901 Weston Road, main floor

Wednesday March 19, 2025

9:30 am - 12:00 pm

Join us as we showcase
the **Ask an Expert** series of educators and
other partner agencies from the community.

Our knowledgeable instructors will offer
demonstrations and our friendly staff 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



Funded by the Government of Ontario

Coming Up In the New Year

Ask an Expert January

West Park Seniors Mental Health

Ask an Expert February

Second Harvest

See our in house flyers and weekly email for details

Ask us 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 Coordinator Isis ext. 222
- YWALC Liaison Julie ext. 225
- 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

New Years Day - January 1

Family Day - February 17

No Programs

Galantines Day - February 14
YWALC Community Fair - March 19



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 Monday December 16 and Tuesday December 17, and will continue afterwards until classes are full.

The doors will open at 8:30 am on December 16 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 17. 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 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 December 12. Please remember that there is no capacity limit to our virtual programming, so, no need to line up.

On December 16 and 17, 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, Suzanne at ext 224 and Isis at ext 222 to pay by credit or debit card (newer versions) or to register for social programs.

Registration Team

Any way you choose to register Danna, Suzanne and Isis 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: Due to a postal disruption, do not mail registration at this time.



Celebrate Galentines Day

at YWALC

Friday February 14

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

The afternoon includes:

Movie & Snacks

Henna tattoos

Lunch

Coffee/tea and cold drinks

The fun starts at 11:00 am

Cost \$20.00

Open to members and non-members

Tickets on sale Monday January 13
at the front desk

No programs this day

Wine raffle draw takes place at this event



2025 Winter In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
MONDAY 11 weeks Centre closed Feb 17 Family Day					
Seated Pedaling (10 Weeks no class Jan 27)	Julia	Jan 6 - Mar 24	9:45 - 10:15 am	\$18.75	Centre 1 & 2
Zumba Gold (10 weeks no class Jan 27)	Julia	Jan 6 - Mar 24	10:30 - 11:30 am	\$37.50	Centre 1 & 2
Chair Yoga	Lu	Jan 6 - Mar 24	1:00 - 2:00 pm	\$41.25	Centre 1 & 2
TUESDAY 12 weeks					
Hip Hop Fitness - New	Alison	Jan 7 - Mar 25	10:00 - 11:00 am	\$45.00	Centre 1 & 2
Get Up & Go	Kharen	Jan 7 - Mar 25	11:30 - 12:30 pm	\$45.00	Centre 1 & 2
Watercolour Painting	Susan M	Jan 7 - Mar 25	1:00 - 3:00 pm	\$90.00	Centre 1
WEDNESDAY 11 weeks no programs Mar 19 Community Fair					
Chair Boxing with a Kick	Julie	Jan 8 - Mar 26	9:15 - 10:15 am	\$41.25	Centre 1
Zumba Gold Chair Fusion (10 weeks no class Jan 29)	Julia	Jan 8 - Mar 26	11:15 - 12:15 pm	\$37.50	Centre 1 & 2
Gentle Fitness	Gina	Jan 8 - Mar 26	12:45 - 1:45 pm	\$41.25	Centre 1 & 2
Qi Gong	Gina	Jan 8 - Mar 26	2:00 - 3:00 pm	\$41.25	Centre 1 & 2
THURSDAY 12 weeks					
Low Stress Chair Fit	Karen	Jan 9 - Mar 27	10:00 - 11:00 am	\$45.00	Centre 1 & 2
Line Dancing - Beginners	Karen	Jan 9 - Mar 27	11:30 - 12:30 pm	\$45.00	Centre 1 & 2
Line Dancing - Improvers	Karen	Jan 9 - Mar 27	1:00 - 2:30 pm	\$67.50	Centre 1 & 2
FRIDAY 11 weeks no program Feb 14 Galentines Event					
Body Boot Camp	Karen	Jan 10 - Mar 28	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Drum Fitness - New Time	Karen	Jan 10 - Mar 28	11:00 - 12:00 pm	\$41.25	Centre 1 & 2
Hand Dance	Karen	Jan 10 - Mar 28	12:30 - 1:00 pm	\$21.00	Centre 2
Seated Drum Fitness	Karen	Jan 10 - Mar 28	1:30 - 2:30 pm	\$41.25	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	

Instructions for registration can be found on Page 3

In person registration on Monday December 16 & Tuesday December 17 doors open at 8:30 am

If you would like to pay as you go, the drop in fee for instructional programs is \$5.00 per hr minimum

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

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 Yoga

This unique Chair 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.

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.

Gentle Fitness (seated Qi Gong)

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 - *New*

Hip Hop Fitness is a full-body workout, constant motion helps build endurance and increases your aerobic capacity. Hip Hop Fitness requires you to contract and expand the abdominal muscles in a series of quick but fluid movements, likewise, strengthen the muscles in your arms, legs, and core improving joint and bone health.

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

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.

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!

2025 Winter Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
MONDAY 11 weeks Centre closed Feb 17					
Circuit Training	Corinne	Jan 6 - Mar 24	9:30 - 10:30 am	\$41.25	Julie
B*A*M - Balance Alignment Mobility	Susan D	Jan 6 - Mar 24	10:45 - 11:45 am	\$41.25	Julie
TUESDAY 12 weeks					
Fit for Life Fusion	Susan D	Jan 7 - Mar 25	9:15 - 10:15 am	\$45.00	Julie
Pilates (45 mins.)	Corinne	Jan 7 - Mar 25	10:45 - 11:30 am	\$45.00	Julie
WEDNESDAY 11 weeks no programs Mar 19					
BLT - Bum, Legs, Tummy	Corinne	Jan 8 - Mar 26	10:30 - 11:30 am	\$41.25	Julie
THURSDAY 12 weeks					
Yoga	Abhi	Jan 9 - Mar 27	9:30 - 10:30 am	\$45.00	Julie
Chair Boxing with a Kick - New	Julie	Jan 9 - Mar 27	10:45 - 11:45 am	\$45.00	Danna
FRIDAY 11 weeks no programs Feb 14					
Fit5 Friday	Susan D	Jan 10 - Mar 28	9:15 - 10:15 am	\$41.25	Julie

Note: Make up classes are scheduled from March 31 - April 4. 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

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.

Chair Boxing with a Kick - *New*

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.

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

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.

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!

2025 Winter Social Programs

Program	Date	Time	Cost	Room
MONDAY 12 weeks Centre closed Feb 17 Family Day				
Social & Fitness (in Italian)	Jan 6 - Mar 31	9:00 - 11:45 am	\$20.00	Welcome Room
French Class	Jan 6 - Mar 31	10:45 - 11:45 am	\$20.00	Games Room
Lunch Program	Jan 6 - Mar 31	11:45 - 1:00 pm	\$10.00 ea.	Kitchen/Hallway
Colouring	Jan 6 - Mar 31	1:00 - 2:30 pm	\$20.00	Welcome Room
TUESDAY 13 weeks				
HOPE - English for Beginners (taught in Spanish) New time! (Nuevo horario)	Jan 7 - Apr 1	9:30 - 10:30 am	\$22.00	Games Room
Easy Spanish for Beginners - New!	Jan 7 - Apr 1	10:45 - 11:45 am	\$22.00	Games Room
Lunch Program - New!	Jan 7 - Apr 1	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Low Vision Support Group (first Tuesday of each month)	Jan 7, Feb 4, Mar 4, Apr 1	1:00 - 3:00 pm	n/a	Games Room
Social Bridge - New!	Jan 7 - Apr 1	1:00 - 3:00 pm	\$22.00	Welcome Room
WEDNESDAY 12 weeks no programs Mar 19 Community Fair Event				
Italian Conversation Group	Jan 8 - Apr 2	10:30 - 12:00 pm	\$20.00	Games Room
Lunch Special (3rd Wednesday of each month excluding March 19) advance registration necessary	Jan 15 & Feb 19	12:00 - 1:00 pm	\$ varies	Kitchen/Hallway
THURSDAY 13 weeks				
Weekly Free Meal Pick Up	Jan 9 - Apr 3	9:00 - 2:00 pm	free	Reception
HOPE - English for Beginners (taught in Spanish)	Jan 9 - Apr 3	9:30 - 10:30 am	\$22.00	Games Room
Lunch Program	Jan 9 - Apr 3	11:45 - 1:00 pm	\$8.00 ea.	Kitchen/Hallway
Spanish Class - Intermediate	Jan 9 - Apr 3	12:45 - 1:45 pm	\$22.00	Games Room
Colouring	Jan 9 - Apr 3	2:00 - 3:30 pm	\$22.00	Games Room
Cribbage - New time	Jan 9 - Apr 3	1:30 - 3:30 pm	\$22.00	Welcome Room
FRIDAY 12 weeks no programs Feb 14 Galentines Event				
Lunch Program	Jan 10 - Apr 4	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Craft Club Social	Jan 10 - Apr 4	12:30 - 2:00 pm	\$20.00	Welcome room
Social Bridge	Jan 10 - Apr 4	1:15 - 3:15 pm	\$20.00	Games Room

Social Program Descriptions

Centro Esperanza (HOPE) (Tuesdays & Thursdays)

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)

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.

Easy Spanish Class - New

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.

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 (Tuesdays & Fridays)

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. Less experienced players are welcome on Tuesdays.

Spanish Class - Intermediate

Intermediate Spanish learners have progressed beyond basic vocabulary and phrases to communicate more comfortably in a variety of situations. At this level, individuals can engage in conversations on familiar topics and express opinions.

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.

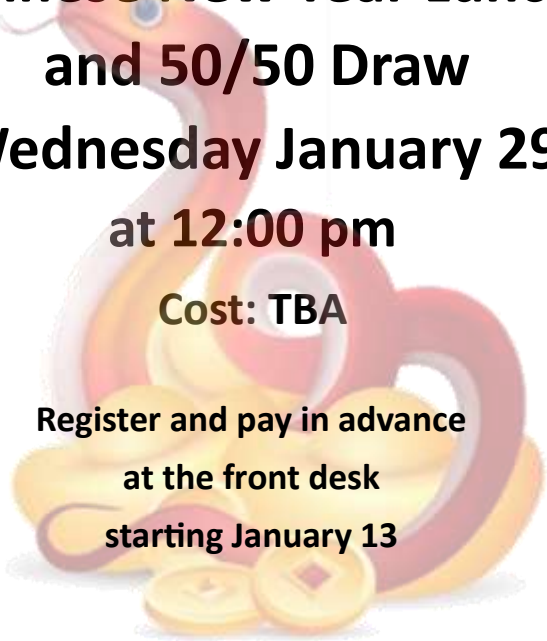
Chinese New Year Lunch and 50/50 Draw

Wednesday January 29

at 12:00 pm

Cost: TBA

Register and pay in advance
at the front desk
starting January 13



Come join us for a Pancake Lunch

Tuesday March 4 at 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 3
Membership required



St. Patrick's Day Lunch and 50/50 Draw

Monday March 17

at 12:00 pm

Cost: TBA

Register and pay in
advance at the front
desk starting February 18



What's new at YWALC Centro Esperanza

Dahlia and Rebecca are back on Tuesdays and Thursdays. With Isis on a daily basis, the Spanish/English program is in full swing!

Hope - English for Beginners (taught in Spanish)

**Tuesdays & Thursdays starting January 7 & 9
9:30 - 10:30 am**

Cost: \$22.00 ea. or \$44.00 both days (13 weeks)

Tonia returns to Thursdays for **Spanish Class -
Intermediate** starting January 9, 12:45 - 1:45 pm

Cost: \$22.00 (13 weeks)

We now have Easy Spanish for beginners with Paula. Join Paula on **Tuesday mornings** starting January 7 from 10:45 - 11:45 am **Cost: \$22.00 (13 weeks)**

Hip Hop Fitness

Tuesdays

January 7 to March 25

(12 weeks)

10:00 - 11:00 am

Cost: \$45.00

Hip Hop Fitness is a full-body workout!

Register starting Monday December 16





YWALC Fundraiser

Tickets

1 for \$10.00

or

3 for \$25.00

Tickets on sale Monday January 13

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

Debby Culotta-Fernandes - Chair

Mary Kowalsky - Vice Chair

Rocio Tantauillca Landeo - Treasurer

Diana Santos - Secretary

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

Julie ext 225 julie@ywalc.ca

Dave ext 226 dave@ywalc.ca

Isis ext 222 isis@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 Isis

Gentle reminder....

**No Wet Footwear
In the activity
rooms.**

Thank you.



☺ THANK YOU FOR YOUR DONATION

Marica Beg

Kay Pavadai - In memory of Irene Yeomans, a special lady

Kay Pavadai - In memory of my parents and siblings

Lina Busetto - In memory of Palmira, my best friend

Steve Scott - In memory of Cory Scott & Ray Smith

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

Basket Raffles all year long...

We have an exciting year of raffle baskets planned. Every month you will have an opportunity to purchase tickets for a basket filled with great prizes. Watch the bulletin boards and your email for this month's basket of goodies!



Changes to the lunch program...

We have added another day to the lunch menu. On Tuesdays you will now be able to purchase a lunch. Each Tuesday lunch will be soup and a sandwich, coffee or tea is always included. Check the weekly menu posted around the Centre or in the weekly news email.



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.

