



We have so much to celebrate this year..

We started the year with a sold out Chinese New Year celebration, you could feel it in the air. Everyone is back to enjoying their time with friends, participating in events, engaging in experiences again. We have made new friends and have seen many faces we haven't seen in a long time, (you all look great by the way). We see everyone looking forward. Looking forward to upcoming events, Volunteer Lunch, Spring Tea and we have even heard talk about the end of the year Sing-a-long with Dave. Across the programming spectrum everyone is working hard to bring you innovative programming. Don't forget you have a say. Through your end of session surveys and comment cards, found under the check in kiosk, we are getting great ideas that we can run with. "The Ask the Expert" series of information sessions was a big hit this last 5 months, and is culminating in our Community Fair. We can't wait for our Experts from the series and our other community partners to be in one room for all of our members and the community to meet. The knowledge transfer will be amazing, bring a friend and join us.



**Ask an Expert
 Community Fair**

Wednesday March 19

9:30 - 12:30 pm

In person & virtual

**For more information drop by YWALC at
 1901 Weston Rd. main floor
 or call Danna 416-245-4395 ext 223
 The first 150 people in the door will
 receive lunch.**

For information
 call us at 416.245.4395

- Executive Director Suzanne ext. 224
- Manager Direct Services Danna ext. 223
- Program Coordinator Isis ext. 222
- Social Transportation and Administrative Support Dave ext. 226
- Italian Coordinator Mary ext. 233

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

Good Friday - Friday April 18
 Victoria Day - Monday May 19
 Canada Day - July 1

No Programs

Volunteer Lunch - May 1
 Spring Tea - May 6



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 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 March 20 and Friday March 21**, and will continue afterwards until classes are full.

The doors will open at 8:30 am on March 20 for first come first served registration of in-person programs, registration will continue until 1:00 pm and resume at 8:30 am on March 21. 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 March 18. Please remember that there is no capacity limit to our virtual programming, so no need to line up.

On March 19, 20 & 21, 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: If you are mailing a cheque please allow 2 weeks for registration.



Improv Workshop With Yitzi Gal

Presented by: Unison Health & Community Services

Wednesdays

April 23, May 21 & June 18

1:00 - 2:00 pm

in Games Room



Yitzi Gal is an improviser and Drama therapist based in Toronto. Yitzi studied Drama Therapy in the masters program at both N.Y.U. in New York and Concordia University in Montreal. Yitzi is a faculty member at the Second City Training Centre Toronto in their Improv, Longform, and Improv for Anxiety programs. Yitzi is also a faculty member at Annex Improv and The Assembly longform improv school in Toronto. Yitzi has trained with the Second City Training Centre, Impatient Theatre Company, as well as the Upright Citizens Brigade in New York City. Yitzi performs around Toronto with several troupes.

This one hour improv session focuses on activities that relieve social anxiety and help you stay in the moment, while having fun with your fellow group members!

Free to anyone in the 55 plus community, register in advance.



Easter Grams

on sale from Monday April 14 to 17

Take them with you!

1 for \$2.00

3 for \$5.00



Send your friends or family a treat and a note for Easter.

Purchase your Easter Grams at the hallway booth throughout the week and take them with you to give as a sweet Easter treat.

Available for Members & Non-members 55+

To purchase your easter grams with debit/credit or over the phone you must purchase \$15 or more

2025 Spring In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
MONDAY 11 weeks Centre closed May 19					
Seated Pedaling (10 weeks no class June 16)	Julia	Apr 7 - Jun 23	9:45 - 10:15 am	\$18.75	Centre 1 & 2
Zumba Gold (10 weeks no class June 16)	Julia	Apr 7 - Jun 23	10:30 - 11:30 am	\$37.50	Centre 1 & 2
Chair Yoga	Lu	Apr 7 - Jun 23	1:00 - 2:00 pm	\$41.25	Centre 1 & 2
Yoga - New	Lu	Apr 7 - Jun 23	2:15 - 3:15 pm	\$41.25	Centre 1 & 2
TUESDAY 11 weeks no programs May 6					
Hip Hop Fitness (10 weeks no class April 15)	Allison	Apr 8 - Jun 24	10:00 - 11:00 am	\$37.50	Centre 1 & 2
Get Up & Go	Kharen	Apr 8 - Jun 24	11:30 - 12:30 pm	\$41.25	Centre 1 & 2
Circuit Training - New	Kharen	Apr 8 - Jun 24	1:00 - 2:00 pm	\$41.25	Centre 2
Watercolour Painting	Susan M	Apr 8 - Jun 24	1:00 - 3:00 pm	\$82.50	Centre 1
WEDNESDAY 12 weeks					
Zumba Gold Chair Fusion - New Time	Julia	Apr 9 - Jun 25	10:00- 11:00 am	\$45.00	Centre 1 & 2
Gentle Fitness	Gina	Apr 9 - Jun 25	12:45 - 1:45 pm	\$45.00	Games Room
Step Fitness - New (11 weeks no class April 16)	Allison	Apr 9 - Jun 25	1:15 - 2:15 pm	\$41.25	Centre 1 & 2
Qi Gong	Gina	Apr 9 - Jun 25	2:00 - 3:00 pm	\$45.00	Games Room
Broadway Burn - New (11 weeks no class April 16)	Allison	Apr 9 - Jun 25	2:30 - 3:30 pm	\$41.25	Centre 1 & 2
THURSDAY 11 weeks no programs May 1					
Low Stress Chair Fit	Karen	Apr 10 - Jun 26	10:00 - 11:00 am	\$41.25	Centre 1 & 2
Line Dancing - Beginners	Karen	Apr 10 - Jun 26	11:30 - 12:30 pm	\$41.25	Centre 1 & 2
Line Dancing - Improvers	Karen	Apr 10 - Jun 26	1:00 - 2:30 pm	\$62.00	Centre 1 & 2
FRIDAY 11 weeks Centre Closed April 18					
Body Boot Camp	Karen	Apr 11 - Jun 27	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Drum Fitness	Karen	Apr 11 - Jun 27	11:00 - 12:00 pm	\$41.25	Centre 1 & 2
Hand Dance	Karen	Apr 11 - Jun 27	12:30 - 1:00 pm	\$21.00	Centre 2
Seated Drum Fitness	Karen	Apr 11 - Jun 27	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	Welcome Room	

Instructional programs are proudly supported by



Delta
BINGO > GAMING



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.

Broadway Burn - New!

Jazzercise at it's finest. This iconic class is a high-energy blend of dance cardio, jazzercise and the right touch of Broadway flair. Express yourself while working out to all your favourite showtunes.

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.

Circuit Training - New!

Circuit 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.

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

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.

Step Fitness - New!

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, with equipment or without, easy to follow repeat stepping patterns.

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 - New!

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

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 Spring Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
MONDAY 11 weeks Centre closed May 19					
Circuit Training	Corinne	Apr 7 - Jun 23	9:30 - 10:30 am	\$41.25	Suzanne
B*A*M - Balance Alignment Mobility	Susan D	Apr 7 - Jun 23	10:45 - 11:45 am	\$41.25	Suzanne
TUESDAY 11 weeks no programs May 6					
Fit for Life Fusion	Susan D	Apr 8 - Jun 24	9:15 - 10:15 am	\$41.25	Mary
Pilates (45 mins.)	Corinne	Apr 8 - Jun 24	10:45 - 11:30 am	\$41.25	Mary
WEDNESDAY 12 weeks					
BLT - Bum, Legs, Tummy	Corinne	Apr 9 - Jun 25	10:30 - 11:30 am	\$45.00	Isis
THURSDAY 11 weeks no programs May 1					
Yoga	Abhi	Apr 10 - Jun 26	9:30 - 10:30 am	\$41.25	Suzanne
FRIDAY 11 weeks Centre closed April 18					
Strengthen Up & Stretch Out - New!	Susan D	Apr 11 - Jun 27	9:15 - 10:15 am	\$41.25	Isis

Note: Make up classes are scheduled from June 30 - July 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.

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.

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.

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.

Strengthen Up & Stretch Out - New!

Train for life's everyday activities by building strength and developing flexibility and ROM (range of motion) with this total body compound movement exercise routine.

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!

There will be no registration during the Community Fair March 19 and during in person registration March 20 & 21 8:30 to 2:00 pm

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

2025 Spring Social Programs

Program	Date	Time	Cost	Room
MONDAY 12 weeks Centre closed May 19 Victoria Day				
Social & Fitness (in Italian) - New room	Apr 7 - Jun 30	9:00 - 11:45 am	\$20.00	MK Room
French Class	Apr 7 - Jun 30	10:45 - 11:45 am	\$20.00	Games Room
Lunch Program - Full Lunch	Apr 7 - Jun 30	11:45 - 1:00 pm	\$10.00 ea.	Kitchen/Hallway
Colouring - New Room	Apr 7 - Jun 30	1:00 - 2:30 pm	\$20.00	Games Room
TUESDAY 11 weeks no programs May 6 & July 1				
Games, games, games! - New, new, new!	Apr 8 - Jun 24	9:00 - 12:00 pm	n/a	Games Room
HOPE - English for Beginners (taught in Spanish) - New Room	Apr 8 - Jun 24	9:30 - 10:30 am	\$18.00	MK Room
Easy Spanish for Beginners - New Room	Apr 8 - Jun 24	10:45 - 11:45 am	\$18.00	MK Room
Lunch Program - Soup & Sandwich	Apr 8 - Jun 24	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Low Vision Support Group (first Tuesday of each month) - New Room	Apr 1 & Jun 3	1:00 - 3:00 pm	n/a	MK Room
Social Bridge	Apr 8 - Jun 24	1:00 - 3:00 pm	\$18.00	Games Room
WEDNESDAY 13 weeks				
Italian Conversation Group - New Room	Apr 9 - Jul 2	10:30 - 12:00 pm	\$22.00	MK Room
Lunch Program - Light Lunch - New!	Apr 9 - Jul 2	11:45 - 1:00 pm	\$ 5.00	Kitchen/Hallway
THURSDAY 12 weeks no programs May 1				
Weekly Free Meal Pick Up	Apr 10 - Jul 3	9:00 - 2:00 pm	free	Reception
HOPE - English for Beginners & Social (in Spanish) - New!	Apr 10 - Jul 3	10:00 - 12:00 am	\$20.00	MK Room
Lunch Program - Light Lunch with Dessert	Apr 10 - Jul 3	11:45 - 1:00 pm	\$8.00 ea.	Kitchen/Hallway
Spanish Class - Intermediate - New Room	Apr 10 - Jul 3	12:45 - 1:45 pm	\$20.00	MK Room
Colouring - New Room	Apr 10 - Jul 3	2:00 - 3:30 pm	\$20.00	MK Room
Cribbage - New Room	Apr 10 - Jul 3	1:30 - 3:30 pm	\$20.00	Games Room
FRIDAY 12 weeks Centre Closed April 18				
Lunch Program - Soup & Dessert	Apr 11 - Jul 4	11:45 - 1:00 pm	\$5.00 ea.	Kitchen/Hallway
Craft Club Social - New Room & Extended Time	Apr 11 - Jul 4	12:30 - 2:30 pm	\$20.00	Games Room
Social Bridge - New Room	Apr 11 - Jul 4	1:15 - 3:15 pm	\$20.00	MK Room

Social Program Descriptions

Centro Esperanza (HOPE) (Tuesdays & Thursdays) New - Extended hours Thursday

HOPE is a lively in-person 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 fun & educational activities. On Thursdays, there will be fun games and opportunities to make friends and mingle in Spanish!

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 - New extended time!

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

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.

Games Games Games! - New!

Meet new people or bring your member friends with you, come out and enjoy a game or puzzle, how about Dominoes, Scrabble, Checkers, Euchre. Every Tuesday in the Games Room drop in anytime from 9:00 - 12:00 pm **free for members.**

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.

Lunch Program - Now available Monday to Friday

Enjoy a low cost meal from Monday to Friday check the menu posted every Monday in the Games Room, Kitchen and the Front Desk, also in the weekly eblast. Purchase your lunch ticket at the front desk. Lunch tickets are not available in advance, purchase same day only.

Social & Fitness (in Italian)

Come on in and spend some time with Italian speaking friends, pole-walking in the halls or outside, chair fitness on the TV, chit chat, or play cards and 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 reheate.

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.

Spring Tea & Fashion



Tuesday May 6

Cost \$20.00

doors open at 11:30 am



Spend the afternoon sipping tea and socializing with your new and old YWALC friends.

Wear your favourite tea outfit, high fashion or comfy casual, it's your choice.

There will be lunch, fun and door prizes!
Bring your own favourite teacup or use one of ours.

Tickets on sale on Tuesday April 8
Open to Members and Non-Members

No programs this day



National Volunteer Week 2025



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

Volunteers Make Waves Together, we create ripples of change

Like a wave, volunteering is movement building.

Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer's contribution toward creating impact in our communities.

Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change. Building on the tides sent out before us, waves swell with each generation of volunteers. Our actions ripple out to broader community benefits, like improved well-being, increased social cohesion, and enhanced resilience in the face of change and uncertainty.

Each wave is unique and brings something vibrant and new to the ecosystem.

During National Volunteer Week 2025, we come together to recognize and celebrate all the ways volunteers make waves from coast to coast to coast. Together we create ripples of change. And through the power of our amplified impact, Volunteers Make Waves.

The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing our collective efforts and impact, volunteers contribute exponentially to the quality of life we all strive for. National Volunteer Week is a chance to highlight the value of volunteers and their positive impact on society.

Get Involved! Ask Isis about Volunteering with YWALC

At the heart of our centre lies the incredible dedication of our volunteers. Their contributions, whether in the kitchen, at the front desk, or leading our social programs, are what truly make our centre thrive. We could not provide the vibrant and supportive environment our members enjoy without them.

If you're interested in joining our team, or know someone who is, please reach out to Isis, your Volunteer Coordinator.

Even if you're not available regularly, let Isis know if you would be willing to step in for occasional absences or future opportunities.



Your time and energy are invaluable to us!

You can reach Isis by calling the centre 416-245-4395 ext. 222 or email isis@ywalc.ca

Broadway Burn

Wednesday's
April 9 - June 25

(11 weeks)

2:30 - 3:30 pm

Cost: \$41.25

NEW



Jazzercise at it's finest. This iconic class is a high-energy blend of dance cardio, jazzercise and the right touch of Broadway flair. Express yourself while working out to all your favourite showtunes.

Registration starts Thursday March 20

membership required

Strengthen Up & Stretch Out

Friday's

April 11 - June 27

(11 weeks)

9:15 - 10:15 am

Cost: \$41.25

NEW



Train for life's everyday activities by **building strength and developing flexibility** and ROM (range of motion) with this total body compound movement exercise routine.

membership required

VIRTUAL PROGRAM



Step Fitness
Wednesday's
April 9 - June 25
(11 weeks)
1:15 - 2:15 pm
Cost: \$41.25



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**, with equipment or without, **easy to follow** repeat stepping patterns.

membership required



Circuit Training - In person

Tuesday's
April 8 - June 24
(11 weeks)
1:00 - 2:00 pm
Cost: \$41.25



Circuit 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.

Don't miss out registration starts

Thursday March 20

membership required

Who moved the?....

Rooms and programs have changed a bit for the spring session. With 5 new programs on the schedule we found it necessary to move the workout equipment to the Welcome Room. We feel that the new set up will enable us to better use the space we have. Some social programs will find they have a little more elbow room as they grow and others will find better access to washrooms. There is still plenty of room in the Welcome Room to workout, and we have added a TV set to the local news to distract you from the pain, (just kidding, if you feel pain please stop). The rules in the workout room remain the same, here is a refresher:



- If you are unsure of how a piece of equipment works, please ask a staff member.
- Anyone using the treadmill must wear the safety clip at all times.
- The workout room is small so please no more than 4 members at any given time.
- If there are members waiting to use the room, please limit your workout to 30 minutes.
- The workout room is unsupervised and as such, YWALC reserves the right to refuse entrance to the workout room for the safety of the member.
- Please stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort.
- You understand that there is a risk of injury associated with participating and using YWALC's Workout Room. You hereby assume full responsibility for any and all injuries, losses and damages that you incur while attending, exercising or participating in YWALC's Workout Room.
- Please wear attire appropriate for working out including appropriate footwear.
- Be safe!



MONDAY - FRIDAY

YWALC Workout Room available on a first come first served basis.	unsupervised	9:00 - 2:00 pm	Free with membership	Welcome Room
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Strength Training Principles

Reps

How many times should I lift the weight?
8 – 12 x to improve strength
12 – 15 x to improve endurance

Sets

How many rounds of reps should I do?
1 – 4 rounds

Rest

Between each set, rest...
30 seconds to 1 minute
Between "weight" workouts – at least one day

How Fast to Lift Weight?

Lift for the count of 2...on an exhaling breath
Lower for the count of 4...on an inhaling breath

What's new in the kitchen?...

YWALC now has lunch program 5 days a week. Look for the menu each week, located throughout the centre and on the weekly eblast.

Mondays Lunch is a full hot meal including salad and dessert, cost \$10.00

Tuesdays Lunch is soup and sandwich, cost \$5.00

Wednesdays Lunch is a light lunch cost \$5.00

Thursdays Lunch is a light lunch with dessert, cost \$8.00

Fridays Lunch is soup with toast and dessert, cost \$5.00

Our lunches are lovingly prepared and served by our dedicated volunteers. Please remember to always treat our volunteers with kindness and respect, without them the lunch program is not possible.

Second Harvest giveaways are always available in the kitchen. Our volunteers are always happy to give you what is readily available. If you have a special request or have dietary restrictions, please speak to a staff member. Staff will always try to accommodate special requests, but, please remember we are restricted by the amount of food received, and the type of food received (both of which vary weekly).

The following are just a couple of general rules to remember while in the kitchen:

- Please do not step behind the kitchen counter for any reason, this would include the Second Harvest table and the white freezer. The hand sink in the kitchen is for kitchen volunteer and staff use only. Members can use the sinks in the washrooms and the garbage pails located at the door to the kitchen and beside the self serve coffee counter.
- Please do not help yourself in the refrigerators or freezers.
- Please do not stand at the kitchen counter while food is being prepared.
- Please leave your lunch ticket on the table, the volunteer will collect it when you are served.
- Please bring a bag with you. For sanitary reasons we are unable to accept recycled bags.

We are looking forward to serving lunch Monday to Friday starting April 7 at a low cost, and will continue to offer a free pre-made cold meal to take home on Thursdays & Fridays.



Monthly Raffle - May

Draw date Friday May 30

1 Tickets for \$2.00

3 Tickets for \$5.00

Guinness World Records 2025 & Dove Men Care Kit

Just in time for Father's Day!

To purchase tickets

Drop by the centre Monday to Friday 9:00 - 3:00 pm

or by phone with a credit/debit card 416-245-4395

(minimum credit/debit purchase \$15.00)

Monthly Raffle - June

Draw date Monday June 30

1 Tickets for \$5.00

3 Tickets for \$10.00

4 Coleman Sleeping Bags

(2 Adult & 2 Youth)

Just in time for Camping Season!

To purchase tickets

Drop by the centre Monday to Friday 9:00 - 3:00 pm

or by phone with a credit/debit card 416-245-4395

(minimum credit/debit purchase \$15.00)



ZUCCHINI: A Nutritious Favorite Around the World

A staple in many cuisines, zucchini has gained popularity worldwide thanks to its versatility and health benefits. Packed with vitamins and minerals, this low-calorie food can be enjoyed raw or cooked. It's widely available fresh or frozen in grocery stores and farmers' markets, in forms like chopped pieces or thin strips known as zoodles (zucchini noodles). Properly stored, zucchini stays fresh for up to a week in the fridge and three months in the freezer.

So, grab a cup of tea, and let's find out why zucchini is such a delightful and nutritious ingredient. Here are five intriguing facts about this versatile ingredient:

More Than a Vegetable: Although often used like a vegetable,

zucchini is a fruit! It develops from a flower and contains seeds, just like tomatoes and cucumbers.

A Boost for Healthy Aging: Packed with vitamin C, potassium, and antioxidants, zucchini supports heart health, helps maintain strong vision, and contributes to overall well-being as we age.

A Natural Hydrator: With its high water content, zucchini promotes hydration, aiding digestion, joint health, and radiant skin—an easy way to stay refreshed with every bite.

A Rainbow of Choices: Zucchini isn't just green! This nutrient-rich food comes in yellow, striped, and even round varieties, each offering a slightly different taste and texture.

Delicious in Every Dish: Whether grilled, roasted, blended into soups, or baked into muffins, zucchini's mild flavor makes it an easy addition to both savory and sweet recipes.

Want to try it for yourself? Here are two easy recipes—one sweet, one savory—where zucchini takes center stage. Get ready to impress in the kitchen!

Source: <https://facts.net/lifestyle/food/17-facts-about-zucchini/>



Crispy Fried Zucchini: A Tasty Treat

These golden, crunchy zucchini bites are easy to make and perfect for dipping.

Ingredients:

4 fresh zucchinis
8 eggs
4 cups of cornmeal
Oil
Salt & pepper



Directions:

Slice the zucchini into thick, bite-sized rounds—perfect for snacking.

Crack the eggs into a bowl and give them a good whisk. On a separate plate, spread out the cornmeal.

Dip each zucchini slice into the egg, then coat it generously with cornmeal.

Heat some oil in a pan over medium heat. Fry the zucchini in batches, cooking each side for 1 - 2 minutes until golden brown and irresistible.

Sprinkle with salt and pepper, then serve them up hot.

Dip and enjoy! These crispy bites are perfect with mayo, ketchup, guacamole, or your favorite sauce.

Simple, fun, and absolutely delicious!

Source: <https://www.tasteofhome.com/recipes/fried-zucchini/>

Zucchini Cobbler: A Sweet Surprise

This easy dessert tastes just like apple cobbler! (But with a secret ingredient—zucchini!)

Ingredients:

4 cups peeled, chopped zucchini
1/3 cup lemon juice
1 1/2 cups white sugar, divided
1 teaspoon ground cinnamon, divided
1/4 teaspoon ground nutmeg
2 cups all-purpose flour
3/4 cup cold butter, cut into pieces



Directions:

In a saucepan, cook zucchini and lemon juice over medium heat for 15 minutes. Stir in 1/2 cup white sugar, 1/2 teaspoon ground cinnamon, and 1/4 teaspoon ground nutmeg. Cook for 1 more minute, then remove from heat.

Preheat oven to 375°F (190°C) and grease an 8x8-inch baking dish.

In a large bowl, combine 2 cups of all-purpose flour and 1 cup of white sugar. Cut in the cold butter, and cut into pieces with a pastry blender or two forks until the mixture resembles coarse crumbs. Stir 1/2 cup of the crumb mixture into the cooked zucchini mixture.

Press 1/2 of the remaining crumb mixture into the bottom of the prepared pan. Spread the zucchini mixture over the top, then sprinkle with the remaining crumb mixture. Finish by sprinkling with the remaining 1/2 teaspoon ground cinnamon.

Bake for 35 - 40 minutes or until golden brown. Let cool slightly, then dig in and enjoy!

Tip: Serve warm with a scoop of vanilla ice cream for an extra treat!

Source: <https://www.allrecipes.com/recipe/20320/zucchini-cobbler/>

Outdoor Walking/Pole Walking is back this spring...

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.

All meet ups are at 7:55 am.

Current membership is required to join the groups

**Mondays
starting April 7
8:00 - 9:00 am
Humber River Path**

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 convenor is Mary K.

**Fridays
starting April 11
8:00 - 9:00 am
Humber River Path**

Join Cathy-Ann, a certified pole walking instructor on a 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 convenor is Cathy-Ann.



Annual Canada Day Ice Cream Event Monday June 30

11:30 to 1:00 pm

Ice Cream and Strawberries

Members \$3.00 / Non-members 55+ \$5.00

On sale Monday June 2 until Friday June 27
Purchase at the front desk



Yoga

Monday's

April 7 - June 23

(11 weeks)

2:15 - 3:15 pm

Cost: \$41.25



It's back at YWALC, join Lu in a unique yoga experience... Focus on relaxation, concentration and developing a better understanding of the bodies balance. Yoga coordinates movement and breathing, helps release tension and increases energy.

This is a floor mat class.

Don't miss out registration starts Thursday March 20
membership required

Games, Games, Games...

...are going on in the Games Room every Tuesday starting April 8 **Free with your membership**, drop by any time on Tuesday from 9:00 - 12:00 pm. Meet new people or bring your member friends with you, come out and enjoy a game or puzzle, how about Dominoes, Scrabble, Checkers, Euchre. Our volunteer convenor Piedad will be on hand as often as possible to play a game of Dominoes (we hear she is partial to Dominoes) or get you started on a puzzle. Come on in, spend the morning, and don't forget we have soup & sandwich lunch on Tuesdays for \$5.00



Learn English and have fun!

Do you speak Spanish? Join our programs for Spanish speakers! On Tuesdays we have English classes and on Thursdays we will meet to play games, learn about new cultures, learn new things and socialize!

*** English for Beginners (in person):**

Tuesdays 9:30 — 10:30 am

Cost: \$18.00 for 11 weeks

*** English for Beginners & Social in Spanish (in person):**

Thursdays 10:00 — 12:00 pm

Cost: \$20.00 for 12 weeks

Membership required



Sunday May 11, 2025



Sunday June 15, 2025

Our Board of Directors

Debby Culotta-Fernandes - Chair

Mary Kowalsky - Vice Chair

Rocio Tantauillca Landeo - Treasurer

Diana Santos - Secretary

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How to Reach YWALC Staff

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Isis ext 222 isis@ywalc.ca

Mary ext 233 mary@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

For appointments in Italian contact Mary

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

Sampat Sampat

Zaiboon Alli

Chriss Hull

Susan Beniston

Robert & Diane Riccio

Susan Simpson - In memory of Irene Evans, sister

Vesta Icke - In memory of Don Rome



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

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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.

