

Social Program Descriptions

Centro Esperanza (HOPE) (Tuesdays & Thursdays)

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.

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 - 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.

Outdoor Walking on the Humber River

Walk along the Humber River Path Monday's and pole walking Friday's. Meet at 7:55 am in the Cruickshank Park parking lot, 2170 Lawrence Ave West, on the northwest corner of Little Ave. and Lawrence Ave. West.

Pickle Ball - Off site at LEF 116 Industry St.

This sport is inclusive, fun, and easy to learn. It has something to offer for every skill level and ability and is unique from other paddle or racquet sports. Play is free all YWALC members. Registration is necessary. Participants should have an intermediate knowledge and skill level to play.

Social 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. Free for members

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.

Social in Spanish

Come on in and spend some time with Spanish speaking friends, learn more about Spanish speaking cultures, chit chat in Spanish, or play cards and brain games. Free for members.

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 1 week 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.