

New Ownership

Live Jazz

Every Thursday, Friday and Saturday
Call for reservations

Breakfast: Saturday & Sunday from 9 a.m. to 2 p.m.
Lunch: Monday to Sunday from 11 a.m.
Dinner: Monday to Sunday

Dining & Dancing • Excellent selection of wines

New name ...
Same service, same great entertainment, same quality

Arbour Restaurant and Jazz Lounge

266 Lakeshore Road East, Oakville
905.844.1840

A perfect evening of dinner and jazz

ADVERTISING FEATURE

When out dining with friends or your partner, do you ever have those "What do we do now?" discussions when dinner is over? The Arbour Restaurant and Jazz Lounge in downtown Oakville is the solution.

Not only is the restaurant already first rate, but imagine dining while listening to some of the top jazz headliners? It's the best way to hear the music – up close and personal. If you are in the mood for a little dancing, The Arbour Restaurant will move some tables aside and let your feet do their thing.

The restaurant, under new ownership since October, has had a packed house since bringing the unique lounge to life.

"It's the perfect night. Why go anywhere else after dinner? You've got everything you need here, whatever your mood. You can catch up with friends, listen to great music, have a delicious meal, or just have a drink and relax," explains Ed Byrd, co-owner with his wife Judy.

The couple, moving to Ontario from Newfoundland 25 years ago, were excited at the prospect of owning such a distinctive establishment.

Hiring Head Chef Nenad Buskovic has brought the restaurant even further acclaim. Creating the vast menu, which features delicious dishes from France and Italy, Buskovic has brought the casual restaurant to fine dining standards. Try their Atlantic Salmon Filet with white wine cream saffron sauce, rack of lamb, penne a la vodka, escargots, or the array of sandwiches, soups and appetizers. And once lunch or dinner is over, indulge in the limitless dessert menu with a specialty coffee.

When walking into the beautifully appointed restaurant, it truly does have a feeling of the great jazz lounges of the early



Ed and Judy Byrd

19th century. Decorated in burgundy hues and cherry wood, a long bar sits at the center of the room, while private round booths are at the back – a dimmer switch in each one for intimate gatherings. A fireplace at the front of the lounge completes the look.

Still wondering what to do for New Year's Eve? For \$130 per person, enjoy a five-course meal, complimentary wine and champagne while listening to the Oakville Jazz Ensemble featuring Shannon Butcher. Book your reservations now.

The Arbour Restaurant and Jazz Lounge is located at 266 Lakeshore Rd. E. 905-844-1840.

They are open seven days a week: Mon. to Thurs. from 11 a.m. – 9 p.m., Fri., 11 a.m. – midnight, Sat. 9 a.m. – midnight, and Sun. 9 a.m. – 9 p.m. They have a full breakfast Sat and Sun. at 9 a.m.

Focus ON THESE OAKVILLE BUSINESSES

TO ADVERTISE IN THIS SECTION CALL MICHELLE THERRIEN AT 905-845-3824 EXT. 235 OR FAX: 905-337-5568

PURE WATER...NATURALLY!

Portable Stainless Steel Water Filtration System
With Long Lasting Filters That Produce Pure
Water For LESS Than 2 Cents Gallon.

Our System Was Tested With End-Of-Life Filters And
Still Produced 99.9% PURE WATER.
Ceramic Made Filters Containing Carbon And Silver.

Call 416-788-5723 for an in home demonstration or visit
www.purewater Naturally.com for more details.

Crazy Legs

*Wishes you a Safe and
Merry Christmas*

635 Fourth Line Unit 8, Oakville
(just south of Speers Rd.)
905-844-4415

Sushi Express

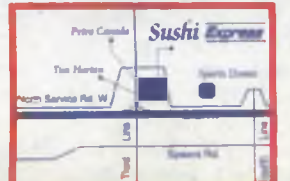
JAPANESE FINE FOOD

• *Sushi* • *Teriyaki*
• *Udon* • *Party Trays*

**We deliver any order over
\$30 in Oakville area.
(\$3 delivery fee)**

(905) 469-8366

1540 North Service Rd. W.,
Unit 7, Oakville ON
M-F 11-9, W 11-7:30
Saturday 11-8, Sunday closed



CLIP THIS COUPON & SAVE

arcade
sound systems

Same Day Service!

GENERAL MAINTENANCE
• Labour Included • Parts additional
• Ask about our "In Home Service"

59⁹⁵

in Shop
Service. Reg. \$89.95

TV SPECIAL

Free Estimates!

Serving Oakville
Since 1965

1272 Speers Rd.
847-9131

**THE BODY SHAPING FITNESS STUDIO
FOR WOMEN**

I did it!
At The Body Shaping
Fitness Studio
for Women
"I lost 27 lbs. and a total
of 27 inches"

12 WEEKS
A NEW ME &
A NEW LIFE!

Testimonials

"The Body Shaping Fitness Studio for Women is a fantastic facility with a supportive staff and caring staff, fun innovative classes, quality workout equipment and excellent amenities. Their total wellness approach has helped me to develop and maintain the healthy eating and exercise habits that have allowed me to lose 39 pounds."

Monica Anthony, 20 years old

"I firmly believe that getting in shape and getting physically healthy saved my life. I had a severe heart attack and got through it because of my time at the Studio. It is never too late to start. It can do nothing but good. I would highly recommend The Body Shaping Fitness Studio for Women."

Anne Bourne

"As a middle aged woman who has worked out for over twenty-five years, The Body Shaping Fitness Studio for Women has been a windfall for me. Not only was it more reasonably priced than my previous gym in Mississauga, but it is so convenient that I can walk to the club and save both time and gas. The loyalty I had felt to my previous club quickly faded because of the warm and friendly atmosphere and genuine interest for member's health and well being. I was provided with a program that was far more suited to my age and showed that I could maintain my level of fitness without pushing excessive weights. In addition, The Studio is well maintained. What more could I ask for!"

Carolyn Forrest

Absolutely Dedicated to Women

All memberships include:

- Kinesiologist assessed fitness reviews
- Kinesiologist developed individual exercise programs
- State-of-the-art strength & cardio machines
- Cardio theatre
- Executive locker room and private showers
- Hot tub, sauna and make-up vanities
- Lounge & Bistro
- Pilates, Yoga, NIA, Tai Chi, Belly Dancing & all aerobics classes

All for Only
\$49
Per Month

No Time? Too Busy? Hate Exercise?... Perfect!

We have developed a 30 Minute "Blast" Workout Program for those who are strapped for time & enthusiasm.

*Wishing you a
Happy and Healthy
Holiday Season*
Maria, Dirk & Staff



Dirk Gebhardt



Maria Kinlough

Body Shaping Fitness Studio for Women

183 Lakeshore Road West, Oakville
(Just East of Dorval Drive)

905-849-1919

www.bodyshapingstudio.com

Best Fitness Facility
2001 & 2002

Best Fitness
Professional 2003

Best Women's Fitness
Facility 2003

