

Get the Results You Want, at a Price You Can Afford!

Join

570 TRAFALGAR ROAD, OAKVILLE at the Q.E.W. 844-3273

Now and Pay
Only \$39 Per Month
with Down Payment

A beautiful body doesn't take years of hard work and determination. It takes the right program! A program that incorporates strength, exercise, cardovascular exercise and proper nutrition. And the secret is ... it doesn't have to take forever.

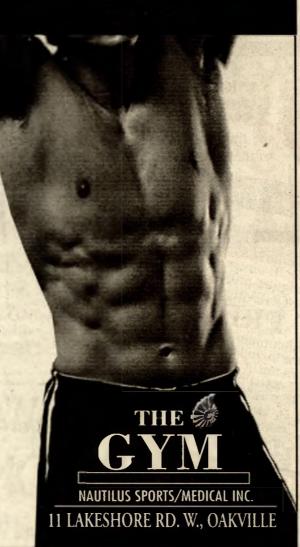
Circuit training is quick, easy and effective!

Circuit training only takes about 30 minutes of your time. The results are fantastic and the workout is great! When you sign up this month, we'll include one week of circuit training instruction absolutely free!

To Join Call 844-1610

We Make Fitness Easy!







Ron MacLean at Cdn. Club Nov. 17th

It's going to be Hockey Night in Oakville when sports commentator Ron MacLean acts as guest speaker at The Canadian Club of Oakville dinner meeting Wednesday, Nov. 17th.

While MacLean is best known as the co-host of Coach's Corner with Don Cherry, he has also served as the CBC host for the Summer Olympics in Seoul, the Winter Olympics in Albertville, the Summer Olympics in Atlanta, the Commonwealth Games in Victoria, B.C., the World Track and Field Championships, the Export "A" Skins Golf and World Cup Hockey.

The meeting is held at the Ramada Inn Oakville and begins at 6 p.m. with a cash bar with dinner at 7 p.m.

Tickets are \$27.50 for members and \$37.50 for non-members.

For reservations call 845-2862.

Civic Scene

Wednesday, Nov. 10th: The Halton Region Planning and Public Works Committee meets at 9:30 a.m. at regional headquarters, 1151 Bronte Rd.

The Halton Region Administration and Finance Committee meets at 1:30 p.m. at regional headquarters.

The Halton District School Board meets at 8 p.m. at the J.W. Singleton Education Centre, 2050 Guelph Line, Burlington.

Thursday, Nov. 11th: Town Council's 2000 Budget Committee meets at 6 p.m. in the Trafalgar and Oakville Rooms of the Oakville Municipal Building, 1225 Trafalgar Rd.

The Oakville Youth Advisory Committee meets at 7 p.m. in the

Bronte Room of the Oakville Municipal Building.

Saturday, Nov. 13th: Town Council's 2000 Budget Committee meets at 9 a.m. in the Trafalgar and Oakville Rooms of the Oakville Municipal Building.

Monday, Nov. 15th: Town Council meets at 7:30 p.m. in the Council Chambers of the Oakville Municipal Building.

Tuesday, Nov. 16th: A public information meeting regarding the QEW exit ramp at Royal Windsor Drive is at 5 p.m. in the Trafalgar Room of the Oakville Municipal Buillding. The regular meeting of the Halton Roman Catholic District School Board is at 8 p.m. at the board's committee room, 802 Drury Lane, Burlington.



St. Andrew's Church
CHRISTMAS IN OAKVILL
A Tour of Eight Houses
and
St. Andrews Church
All are decorated for the Yuletide

Saturday, December 4, 1999 9:30 a.m to 4:00 p.m. Tickets \$20.00

Available at:

Downtown Oakville (East)
Raymar Lighting
Upstairs Downstairs Tea Room
Mary's Keepsakes
Bookers

Cove Classics (formerly Added Touch, Pine Room) Michael's Hairdressing (Maple Grove Village)

Oakville Place Mall English Butler Oakville West Flippance & Carr Abbey Health Foods (Hopedale Mall)

Oakville North
Upper Oakville Card Shop
(Upper Middle)
Glen Abbey Framing
(Oakville Town Centre, Dorval)
Peach Tree Wall Covering
(Glen Abbey)

For more information call Colleen at 905-849-4632