



There's no lack of selection when it comes to flowers for a wedding. Although carnations and roses are high on the list exotic flowers like orchids are also being ordered for bridal bouquets and corsages, Georgetown's Fendley Florists manager Nancy Craigie said.

(Herald photo)

Fresh or silk, flowers make it special occasion

There's nothing like flowers to add that special touch to a wedding party.

Fresh flowers are always popular with brides, who like to walk down the aisle with a bouquet of sweet-smelling blooms.

Although roses and miniature carnations

are the best-sellers at Georgetown's Fendley's Florists, exotic flowers like orchids, freesias, alstromeria and stephanotis are coming into their own, said manager Nancy Craigie.

The traditional style of a cascade or round posie bridal bouquet is still around, she said.

Besides the bride, bouquets are also carried by the maid of honor and the bridesmaids or flower girls. The groom and his ushers wear boutonniers which may be embellished with a sprig of baby's breath. The mothers of the bride and groom and any grandparents or special

Work That Body

Renovations are over, new showers, saunas

After closing for renovations over the summer, Work That Body Fitness Programs has re-opened its premises on Mountainview Road, Georgetown.

Work That Body means just what it says.

It's a ladies' exercise facility where classes in fitness, healthy back, stretching, prenatal-postnatal and aerobic dance are offered. As well, ballet and jazz dancing classes are available.

With the renovation work completed, members now can take advantage of showers, saunas and a sun tanning room. For those interested in developing their muscles, Work That Body now has equipment for weight training.

Laurie Burns is the manager of Work That Body. An eight-year veteran of teaching phy-

sical fitness, Mrs. Burns used to instruct nurses in the science of CPR. Now she is sharing her knowledge and experience with her eight instructors, all of whom have first-aid training.

Members at Work That Body get individual exercise programs prepared for them by the instructors.



Now that the summer's drawing to a close and hibernation season is coming upon us, exercise is all that much more important. Work That Body keeps you fit until the warm outdoor weather returns.

(Herald photo by Nita Millesse)

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