4

## Elizabeth Doell

Sales Representative



REAL ESTATE LTD., BROKERAGE 905-877-5165

Johnson Associates

www.lizsellshomes.com email: edoell@trebnet.com



OPEN HOUSE SUNDAY 2-4 PM 27 McKINNON DRIVE, GEORGETOWN

4 BEDROOMS! \$424,900 WHAT A DEAL!

pedrooms family home in Georgetown South ready for the amily. All the big stuff is done, windows, shingles, fur-CAC, doors! Main floor family room with fireplace, eat-in , main floor laundry. Yup we've got it here. Come and ourself. Call Liz Doell to view this home today . . .



OPEN HOUSE SATURDAY 2-4 PM 73 McKINNON DRIVE, GEORGETOWN

A REAL SWEETHEART . . . \$419,900

Upgraded and updated, just move on in. 3 huge bedrooms, fireplace, kitchen with breakfast bar, finished basement, gorgeous baths, new broadloom, wrought iron staircase. The list goes on . . . call Liz Doell for your appointment today!



**JOCHAM** Sales Representative

Office: (905) 456-1000

Direct: (416) 560-3605



Realty Services Inc., Brokerage





**OPEN HOUSE SAT. JUNE 16TH 2-4PM** 45 LAWLOR ST.

Beautiful 4 bedroom home in prestigious Stewart Mills with double car garage, open concept eat-in kitchen with granite countertops, walkout to raised deck, master bedroom with ensuite with separate shower and soaker tub, large 2nd bedroom with cathedral ceiling, 2 gas fireplaces, finished basement with above grade windows, must be seen.

See the virtual tour at www.LynnJocham.com

# **OUR CLIENTS ARE #1 IN THE MARKETPLACE**

**GLENN** SPROULE CBCO-CET Direct: 416-553-0054



email: gsproule@trebnet.com

www.glennsproule.com



**OUIET CRESCENT** 3 bedroom bungalow with finished basement situated on a private large lot.

\$359,000



Three bedroom bungalow on large 86' x 190' ravine lot. Please call Glenn today for more details.

\$699,000



#### OWN A PIECE **OF HISTORY**

1879 school house has been lovingly renovated into a 4,400 sq. ft. showpiece. Raised bungalow features cathedral ceilings, hardwood floors, above grade windows & manicured gardens. 2.25 acre property includes new drive shed, two silos & an

\$999,000

LISTINGS NEEDED ~ CALL TODAY TO GET RESULTS!

# ASK the Professionals DIRECTORY

#### **INSURANCE**



#### **MEDIATION**

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#### **WEIGHT LOSS THERAPY**

### Susanne Dorder, M.A. A Clinical Approach



- \* Gain control of what & how much you eat. \* Extinguish cravings.
- Ston over eating or hingeing \* Regain Emotional Control

\* Live a happier & healthier life! We support binge-eaters, over-eaters, over-weight,

289-752-8485

"True religion is real living; living with all one's soul, with all one's goodness and righteousness." ~ Albert Einstein



#### **NOTICE OF INTENTION**

#### TO DESIGNATE UNDER THE ONTARIO HERITAGE ACT

IN THE MATTER OF THE ONTARIO HERITAGE ACT AND IN THE MATTER OF the lands in the Town of Halton Hills known municipally as 504 Main Street, Glen Williams (Halton Hills).

NOTICE IS HEREBY GIVEN that the Town of Halton Hills intends to designate the Williams-Holt Building under Section 29(1), Part IV of the Ontario Heritage Act, R.S.O. 1990, Chapter O.8.

#### **Description of the Property:**

The Williams-Holt Building, Glen Williams (Haltor Hills) legally described as Lot 62 on the origina Plan of the Village of Glen Williams, which was later divided into lots 53 and 54. Today it is known as Lot 53 on Halton Hills Plan RCP1556, being parcels 10, 11, 12, 13 and 14 PM103 with ar irregular lot adjacent to the Credit River.

#### Statement of Cultural Heritage Value or Interest:

Contextual Value: The building is an interesting example of a mid-nineteenth century brick industrial building converted to a house with minimal exterior structural changes. It was one of three buildings which formed an industrial complex. As a brick building situated at the head of the bridge, it was a landmark from the date of construction. It continues to serve as a representative of the historic nature of the village which lies tucked around the corner.

Further information is available for viewing at the Corporate Services counter at the Civic Centre, 1 Halton Hills Drive, Georgetown, during regular business hours. Refer to the Williams-Holt Building Designation Report for the Design Value and Historical or Associative Value of the property.

Any person may, by July 16, 2012, serve written notice of objection to the proposed designation with Corporate Services - Clerks, together with a statement for the objection and all relevant facts.

Dated at the Town of Halton Hills this 14th day of

Niloo Hodjati, Records/FOI Coordinator, The Corporation of the Town of Halton Hills, 1 Halton Hills Drive, Halton Hills, Ontario, L7G 5G2.

1 Halton Hills Dr., Halton Hills, ON L7G 5G2 Tel.: 905-873-2600 Fax: 905-873-2347



Meryl DaCosta B.Sc. (P.T.), B.Sc.(KIN) Registered Physiotherapist, Clinic Manager

905-873-3103 Georgetown, ON L7G 6E8 Acton, ON L7J 2Y5



How early should I see a •Physiotherapist after my surgery?

The time to begin your rehabilitation after A your surgery will depend on both the type of surgery and your surgeon's specific preferences. EPA has committed a large pool of resources to offer patients the best and research based care for surgeries like: ACL rehabilitation, Knee scopes, Meniscal tears, rotator cuff repairs, shoulder stabilizations and lumbar disectomies.

Typically shoulder patients are seen within 3 days post surgery and will likely be wearing a sling for up to 6 weeks. During their physiotherapy, the physiotherapist will mobilize their shoulder and the patient will be instructed on safe and specific exercises for them to initially begin at home.

Following a knee scope where arthritic changes may have been shaved or tears in the meniscal removed, a patient is also seen 3 days post surgery. While most people are without crutches, physiotherapy will assist in the early management of pain and swelling. More elaborate rehabilitation would follow an ACL repair, but still begins as early as three days post op.

Typical back surgeries like discectomies, where the piece of the disc is removed from a nerve root, also being as early as 3-4 days, to as late as 6 weeks post surgery. Rehabilitation post back surgery is primarily exercise based focusing on core muscles to prevent and protect the back from future pain reoccurrences.