


CAN YOU GIVE SOMEONE A LIFT?

Red Cross drivers help those in need get to medical appointments, adult day programs and other activities.

VOLUNTEER DRIVERS ARE ALWAYS NEEDED

CALL US TO LEARN HOW YOU CAN HELP.

(905) 875-1459

 Canadian Red Cross



GRAND OPENING SEPT. 15TH
SAMKO & MIKO
TOY
WAREHOUSE
 1000'S OF BRAND NAME TOYS
 LOWEST PRICES IN CANADA

2 Locations

Toronto • 77 Fima Cres. **Richmond Hill** • 60 East Beaver Creek Rd.

(South of QEW / Gardiner & Hwy 427) (North of Hwy #7, 1st St. West of 404)

(416) 532.1114 **(905) 771.8714**

Hours: Wed 10-4
 Thurs & Fri 10-8
 Sat 10-5
 Sun 11-5
 Mon & Tues CLOSED

LOOK IN TODAY'S PAPER FOR OUR FLYER

CROSSWINDS

GOLF & COUNTRY CLUB

TWILIGHT GOLF

7 Days A Week • Starting at 3pm

BOOK ONLINE



2007 READERS CHOICE

Burlington Post

JOIN US FOR LADIES NIGHT

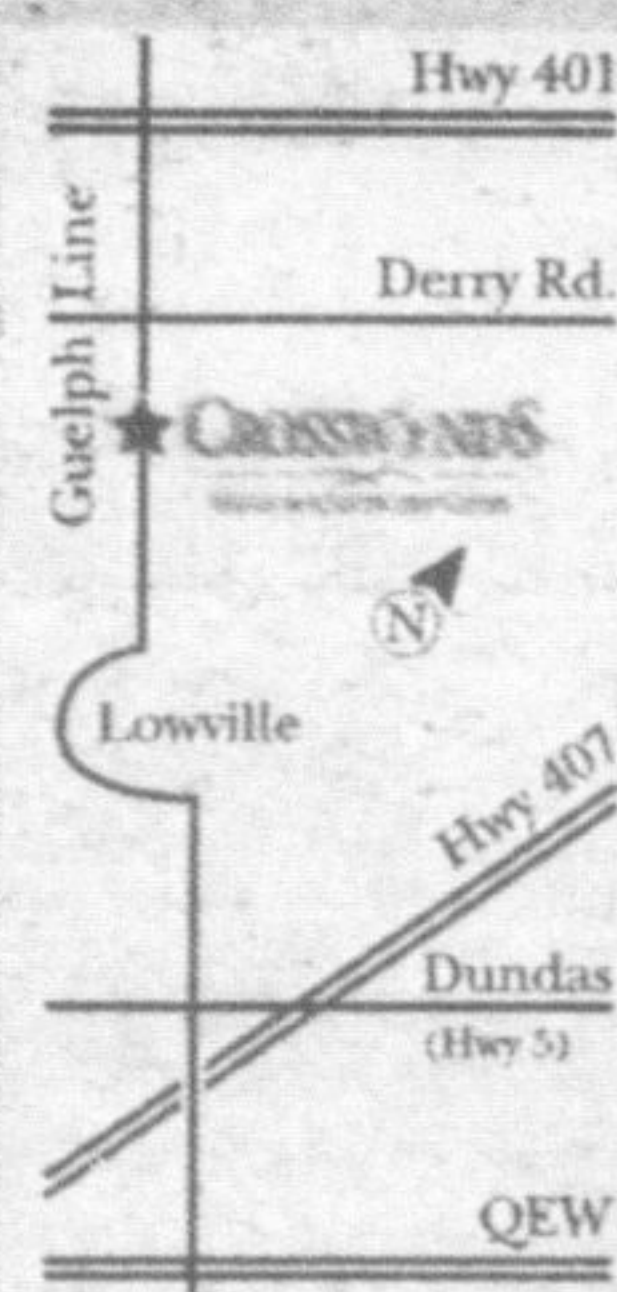
Every Monday Starting at 5pm

9 Holes & a Sumptuous Dinner \$44.95

- 18-hole Championship Golf Course
- Driving Range and Practice Facility
- Licenced Lounge and Bar
- Golf Tournaments
- Weddings and Receptions
- Private and Corporate Functions

Rates

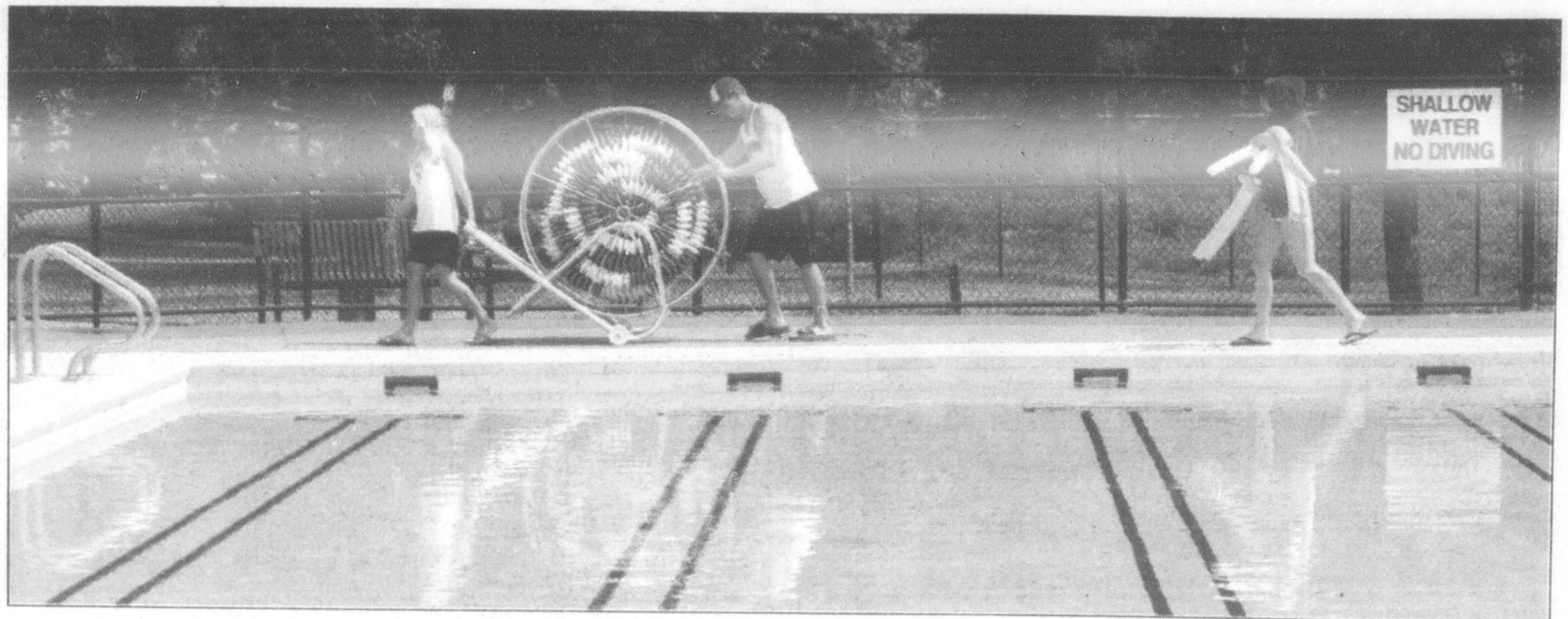
- Monday to Thursday \$68
- Early Bird (Weekdays before 8:30am) \$50
- Twilight (Everyday after 3pm) \$50
- Friday to Sunday & Holidays \$78



6621 Guelph Line, Burlington, Ontario (Just south of Derry Rd.)

Tel: (905) 319-5991

www.crosswindsgolf.com



SHALLOW WATER NO DIVING

GRAHAM PAINE / CANADIAN CHAMPION

SEASON'S CHANGE: Lifeguards (from left) Natalie Laughton, Jason Brooks and Christie McKerron are reflected in the still water of the Rotary Park Pool as they haul away the lane markers and water woggles. The pool will close for the season Monday.

Studio
HARMONIA

mindful movement for body and soul

NIA- Dance, Get Fit, Have Fun!

YOGA- Stretch, Strengthen, Tone!

PILATES- Transform Your Body!

MORE- Massage Therapy, Reiki, Reflexology

If you are looking for an alternative or just want to enhance your present regime, consider Studio Harmonia - a healing and movement arts studio. We offer Nia, Pilates, Yoga and other specialty classes and workshops designed to integrate body, mind and spirit in an enjoyable, healthy and fulfilling way. Studio Harmonia is about Mindful Movement for Body and Soul.



Meet our Staff

IN BACK: Sheri Bain (Yoga Teacher), Angela de Haas (Holistic Healer), Kym German (Pilates Teacher & Nutritional Counselor), Julie Cook (Yoga Teacher)

IN FRONT: Amber Grills (RMT), Darcel de Sylva (Owner, Nia & Yoga Teacher), Miranda Fragomeni (Receptionist), Kerri Zanafta-Buehler (Nia Teacher)

Drop in for Registration & Open House September 8th 10am - 2pm.
 See our NEW Fully Equipped Pilates Studio!

First Class is FREE*

*Offer ends Sept. 30/07. New Students only.

Fall '07 Sessions 14 Weeks

Group Classes \$196 ***

*** For Yoga, Nia or Pilates



Visit our website for additional information, www.studioharmonia.ca

905•875•0075

Bronte Corporate Centre
 410 Bronte St. S. Suite 201
 South Entrance