

Tai Chi at Mount Tabor

Do your old bones creak? Do your young bones creak? Do you want to do exercises, but hate doing them alone? Well we've got just the thing for you..... a Tai Chi class for an hour every Thursday for an hour. This class is for beginners to learn Tai Chi or if you already do Tai Chi, to give you an opportunity for a weekly work out. If you have some expertise in Tai Chi all the better, for you can help and encourage those who don't. And all this for \$3.00 a night.

It will be held at Mount Tabor Hall; that is the back room of the playhouse and will be open, first to residents of the township and then to non-residents based on registration by the first night with the maximum enrollment being decided by the space required. In other words, we just aren't sure how many we can get into the hall with room enough for the Tai Chi movements. It is also open to persons of all ages, so you are neither too young or too old to take part in the class. (Well, maybe extreme youth would be a disadvantage to the rest of the class, but presumably if you are up after 7 p.m. you are old enough to follow instructions and not disrupt the group's concentration.)

One thing we are sure of, you will find this exercise programme beneficial, regardless of your fitness level. It will return some of the lost mobility that our sedentary lives have created. It also, through its discipline, helps reduce one's stress levels and increase one's ability to focus on a task at hand. Good for you and good fun.

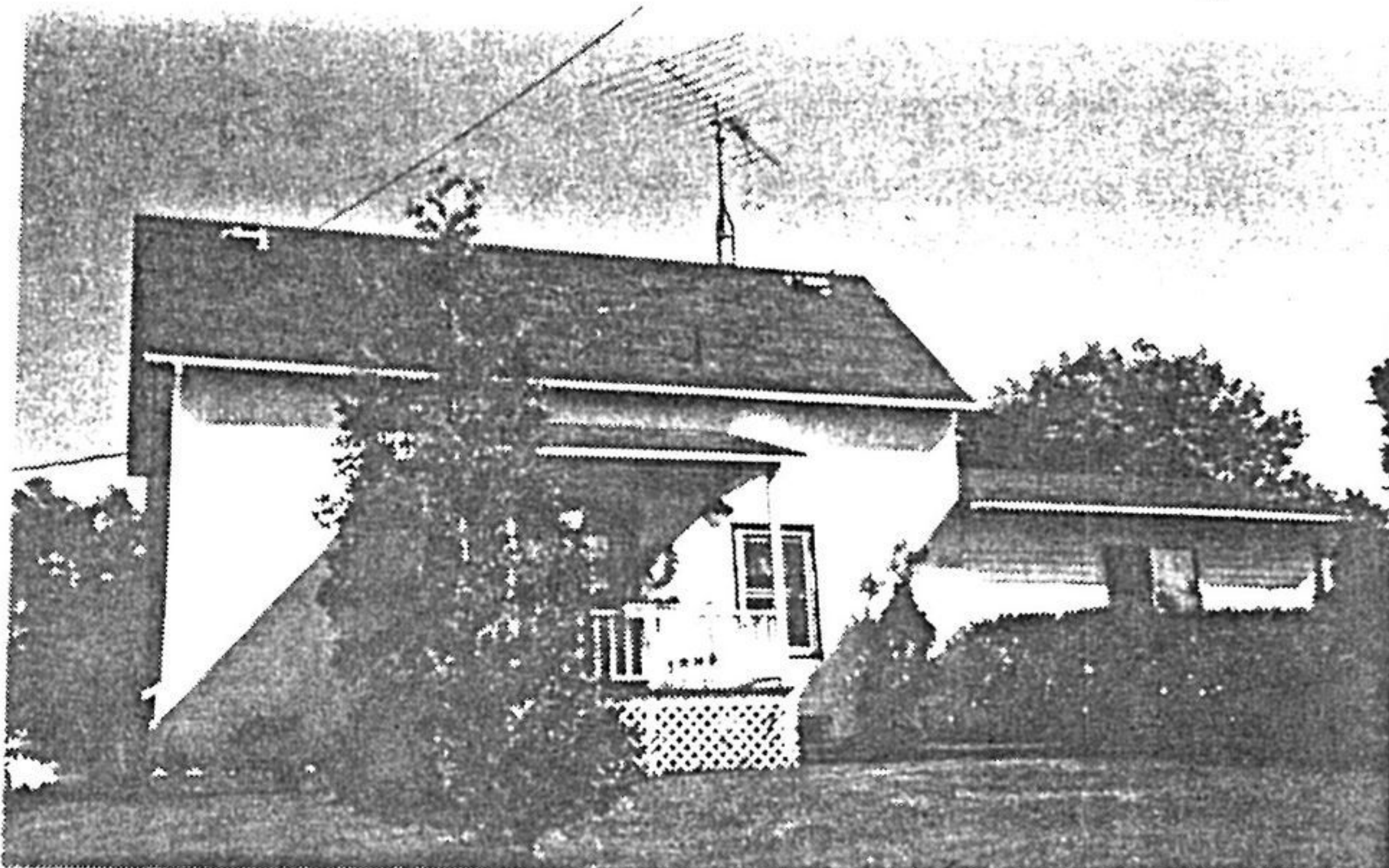
To register, please call 476-6771, with classes tentatively scheduled to start October 21, at 7:30 p.m. and run for an hour each Thursday evening.

Real Estate

Deborah Wilson Real Estate Ltd., Real Estate Broker - **Peigi M. Brown**, Associate Broker

Office Tel. (613)476-3932 Home Tel. (613)476-1389

Call today for a FREE market evaluation!

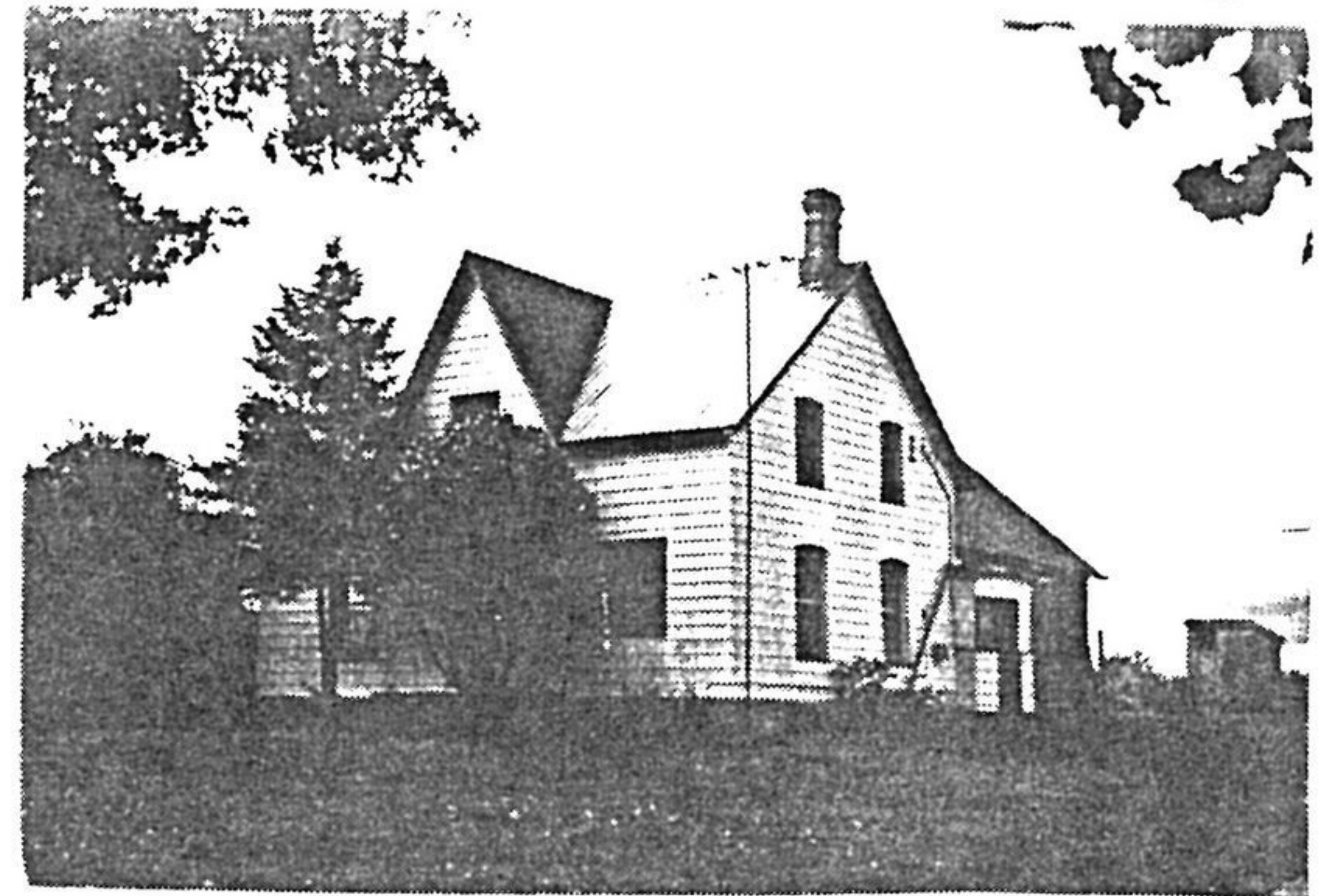


CHARMING 3 BDRM HOME with view of Mill Pond in Milford. Lge. eat in kit., lvg. rm. has airtight woodstove & patio doors to lge. deck, Main floor family & laundry rms. New windows in '92 & roof in '93. Asking \$89,900.

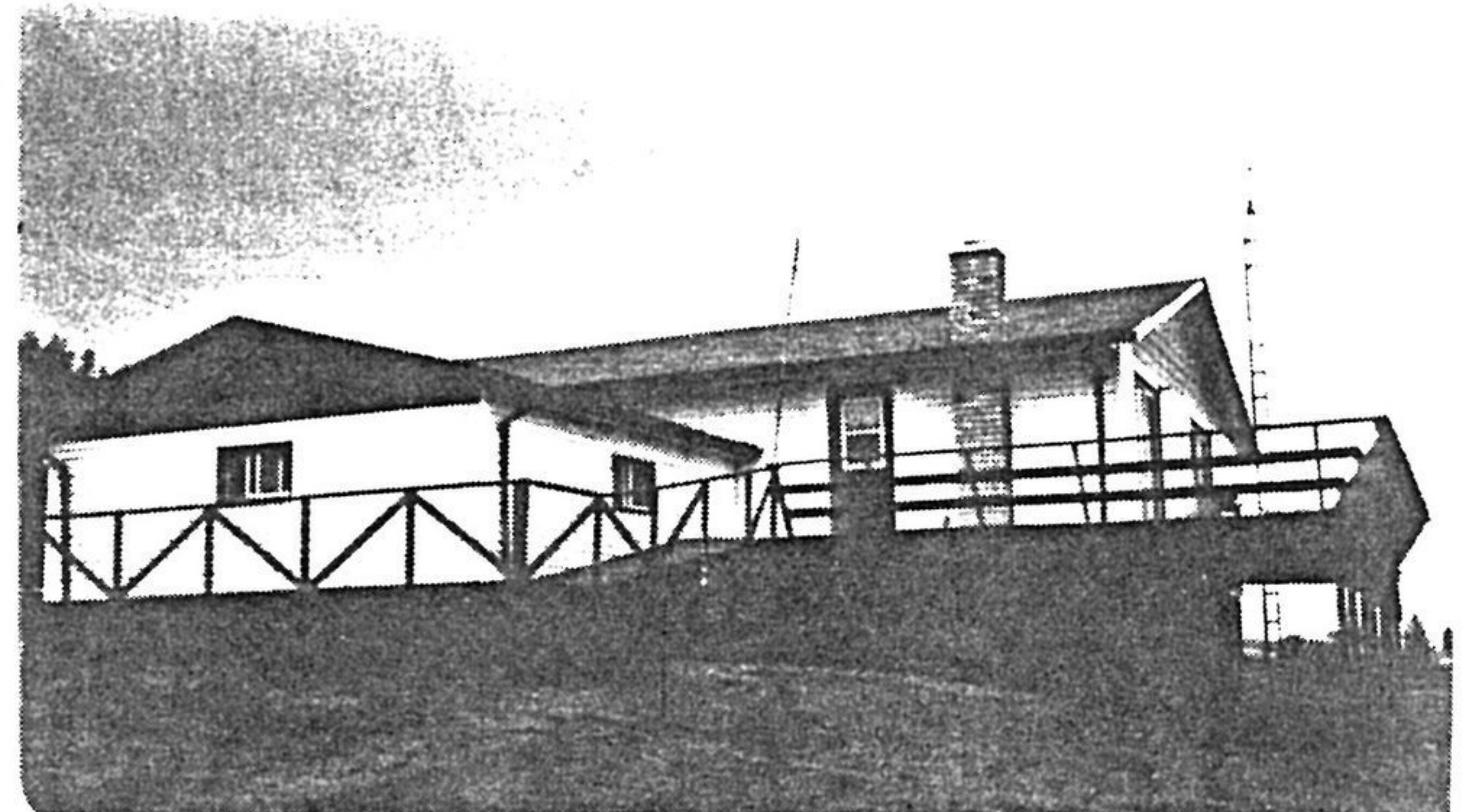
OSTRANDER POINT - 1200' of Beach Front Fabulous 14.4 acre secluded retreat property facing south on Lake-Ontario asking \$79,900.

5 ACRES 328' FRONTAGE \$17,900. On County Rd. 9, near Little Bluff Conservation Area.

BLACK RIVER WATERFRONT LOT- \$89,000 Landscaped 1.08 acres has spit providing 8' deep anchorage and access to lake Ontario. Serviced with well, septic & hydro.



18 ACRE HOBBY FARM \$89,900. Just Listed Circa 1890 brick (under aluminum) farm house and barn with fabulous view of South Bay.



SOUTH BAY WATERFRONT, 4.7 Acres \$199,900. Custom built bungalow, 5 yrs. new. 3 bdrm., full basement with rec. rm., complete with woodstove. Wrap around deck and attached garage.