

Great response

To the Whitchurch-Stouffville community, a sincere thank you for the overwhelming response to our 'Clothing Drive'. We will also be collecting spring and summer clothing next April.

Special thanks to Colleen Bacon for making distribution arrangements; to Barb and Harry Schell for delivering the clothing to various locations in Toronto—All Saints Mission, Scott Mission, Fred Victor Mission, Good Shepherd Mission and Evangel Hall; and to Kathy Doerner for delivering goods to The Yellow Brick House.

We also thank those who sorted the donations. There were 71 bags for men; 100 for women; 68 for children; 11 bags of bedding, and 8 boxes of boots and shoes.

At this time we wish to express appreciation to Applewood Acres for contributing more than 40 bushels of apples.

Kathleen Glazin, (Anglican); Ursula O'Connor, (Catholic); Esther Powell, (Presbyterian); Marion Bowday, (United).

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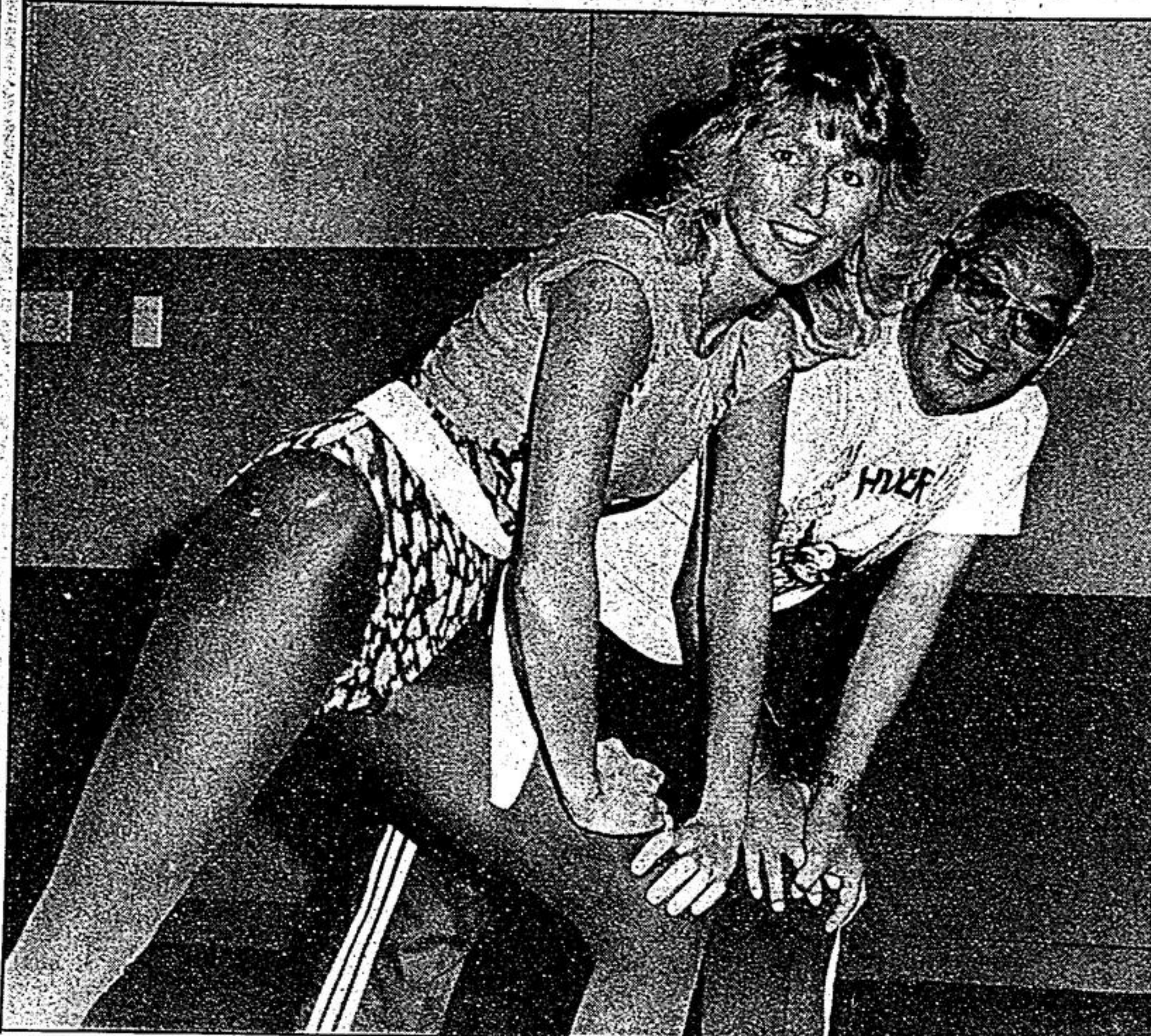
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Denise is model of fitness perfection

Fitness Instructor Denise Forgie, Lori Avenue, Stouffville and Tat Aida of Parkview Village, go through an exercise routine during a Wednesday afternoon workout. Eleven people are enrolled in the six-week co-ed course.

—Jim Thomas

By JIM THOMAS
STOUFFVILLE — Aerobics knows no age barrier.

Everybody's doing it from preschoolers through to seniors.

And all enjoy it, particularly the Residents of Parkview Village. There, the exercise class, that includes one man and ten women, is in its third week of a six-week course. The enthusiastic participants hope it will continue.

They meet in the auditorium every Wednesday.

The program, under the direction of Denise Forgie, in cooperation with activity coordinator Lorraine Steckley, has been organized by the Whitchurch-Stouffville Parks and Recreation Department.

Denise, a model of physical fitness, was inspired to 'get into the act' after a weight gain following the birth of her children, Michael is four and Samantha 1 1/2.

She, husband Herb and family moved to Stouffville eight months ago.

"We love it here," she says. Denise provides instruction for men and women, (co-ed); women only and teens. She varies the courses to suit the needs of her students.

She conducts classes for the Scarborough Parks and Recreation Department as well as Whitchurch-Stouffville.

Hubby Herb is one of her most avid pupils.

Even before moving here, Denise had become involved in a fitness program. "Everything has worked out well," she says.

The seniors' exercise sessions are all done to music, mostly Hank Williams tapes. She sings along while doing the routines and encourages her students to do the same.

"Exercise is an ageless program," Denise explains, "one is never too old to start." She increases the level of activity each week.

The 30-year-old mother of two is also a firm believer in what she describes as "brisk walks". And she practices what she preaches, up to 40 minutes a day.

As for the seniors' classes at Parkview Village, Denise is hopeful the six-week course can be extended. The participants share her enthusiasm.

"I feel great," said one Resident after a sixty minute workout, "a little tired but great."

Teachers staff workshop

STOUFFVILLE — Two staff teachers from Stouffville Dist. Secondary School will conduct three workshops during a province-wide conference called 'Impact', sponsored by York Region Board of Education.

Intermediate and senior visual arts teachers will be attending.

Instructors selected from S.D.S.S. are — Claudia McKnight and John Roberts. They are the only two teachers in Ontario chosen from one school.

The conference is planned for this Friday, (Nov. 14), at the Holiday Inn, Chestnut Street, Toronto.

Mrs. McKnight's workshops are entitled "Drawing On The Right Side Of The Brain" and "Abstract Approaches to Drawing." Mr. Roberts' double-time workshop is entitled "India Ink Drawing Techniques."

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