



Readers Choice Award 2000

Ask about our Seniors classes  
The first 3 are FREE!

Offer ends Feb. 28 **50% OFF**  
All Initiation Fees

(905)

**LOADED WITH GOODNESS**



STAFF PHOTO/SJOERD WITTEVEN

York Region's Crosslinks Outreach street van, which helps homeless people throughout the region, was given \$300 worth of groceries from Gord's nofrills on Hwy. 7 in Markham on Thursday. In the picture from left are: Dianne Donaldson, Public Health nurse, York Region Health, Chandra Newman, Housing/Outreach Mental Health worker, Marlene Berry, Crosslinks Program Director, nofrills employees Jackie Diamond and Wendel Shank, Joyce Rietti of Crosslinks Outreach and nofrills owner Gord Burch.



**Bereaved Families of Ontario**


Founded in 1978, under the auspices of the Hospital for Sick Children, Bereaved Families is a self-help organization staffed by bereaved persons. Specialists in the area of grief and bereavement from the professional community serve as a resource both in the development of on-going programmes and in the supervision and training of self-help group leaders.

This co-operation between lay and professionals has enabled Bereaved Families to better respond to the needs of the bereaved and has helped guarantee that the best support is provided.

**1-800-969-6904**


York Region An association of families who have lost a child through death.

This message brought to you as a community service of The Economist & Sun/Tribune



**AMICA**  
at Swan Lake

**MEET YOUR NEW GENERAL MANAGER**



**Paul R. Mitchell**

Paul Mitchell will be responsible for the overall management of Amica at Swan Lake. He brings over 25 years of experience to this position and will be directing over 100 dedicated staff offering a wide array of services to meet the daily needs of our residents.

Amicability to have formed such a unique organization that specializes in exceptional quality care and services for seniors, and an organization that is building a vibrant vision for the future.

*A Mature Way of Life*

**RESERVE TODAY  
MOVE IN MARCH 2001!**

*Mature Lifestyle Rental Retirement Suites with Hotel Inspired Services in Markham from \$2,400 All Inclusive*

Imagine living a remarkable, pampered lifestyle designed in the style of a first-class hotel where you can access a wide array of engaging activities and services overseen by attentive staff. Discover the unique Amica Wellness & Vitality Residence™ for mature, active adults in Markham.

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- Gourmet meals served in an elegant dining room
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- English-style pub • State-of-the-art recreational amenities with Wellness & Vitality programs to encourage socializing & an improved healthy lifestyle and much more!

For some services, an additional fee may apply.

**(905) 201-6058**

Presentation Centre  
6360 16th Ave.  
(1 mile east of Hwy. 48)

**Hours:**  
Mon. to Thur. 11 am - 5 pm  
Closed Friday  
Sat., Sun. & Holidays  
12 noon - 5 pm

**AMICA**  
Mature Lifestyles

Developed & Built by  
**Daniels**  
love where you live

**CONSTRUCTION NEARLY COMPLETE**



**CALL TO ARRANGE A SNEAK PEEK THIS SUNDAY**