

FOCUS ON BUSINESS

GET ORGANIZED

Let us help you with:

- Residential organizing
- Storage & preservation of family heirlooms
- Packing services

HERITAGE ORGANIZING

www.heritageorganizing.com
905-471-4151

LANDSCAPE CONSTRUCTION AND DESIGN



(905) 472-0797

Reader's Choice Award Winner 2004



Spring Cleaning Tips:

Make every move count. Don't waste time finding tools and cleaning material. Have them handy in a caddy or apron when you begin.

\$100 OFF

\$20 OFF your 1ST Five Cleanings

New weekly & biweekly customers only. Special Offer 'til 30/06/05. 905-471-2929

NOW OPEN



Mindful Movement for Body & Soul
Nia, Pilates & Yoga

20 Crown Steel Drive, Unit #7
East of Warden at 14th Ave.
905-513-MOVE
For a complete listing of classes
Visit our Website
www.studioyoho.com



We Welcome New Patients and Emergencies

General & Cosmetic Dentistry

Digital Radiography
(70-90% reduction in x-ray exposure)

Nitrous Oxide Sedation
(laughing gas)

Cosmetic Enhancement Software
(see the end results before we even start)

1 hour Zoom Whitening
(exactly same system used in the Extreme Make Over TV show)

Laser Dentistry

Air Abrasion Technology
(no drills)

visit us @
www.smdental.ca



Call Now
905.472.1855

1 Stone Mason Dr., Unit 4, Markham ON L3P 6X2

Get Organized!

National Organizing Week is May 1st-7th

Celebrate National Organizing Week by tackling your spring cleaning projects. Unsure where to start? Let Heritage Organizing get you on the right track. Owner Kathy Dennis is a member of Professional Organizers in Canada and helps customers throughout the GTA get organized. "Organizing comes naturally to me" says Kathy, "and I enjoy helping others tackle their clutter."

Heritage Organizing offers a selection of services designed to make your living space more organized. From attics to basements and everything in between, Heritage Organizing will work with you to provide practical storage solutions. "We offer several different program options and customers can pick the one that suits them best" explains Kathy. These range from the creation of an action plan that you follow on your own, through to the staff of Heritage Organizing completing the entire project for you.

In addition to providing residential organizing services, Heritage Organizing also specializes in the preservation and storage of family heirlooms. Kathy trained in museum studies and has put her skills to use cataloging personal collections, archivally storing family photos, and safely displaying family heirlooms. "It's important to properly preserve your family treasures now so that they can be enjoyed by future generations" explains Kathy.

Heritage Organizing can also help if you are downsizing or moving. They will work with you to decide what needs to be kept and what doesn't. Packing services and supplies can also be provided.

Let Heritage Organizing help simplify your life. Contact them today at (905) 471-4151

or visit them online at
www.heritageorganizing.com
to book your free consultation



BEFORE



AFTER

Movement is Medicine

Exercise is the most prescribed treatment option for almost every medical condition. Movement is essential to creating a fulfilling and satisfying quality of life. While it is true that movement can sometimes be awkward, painful, and frustrating, it is equally true that NOT moving is even more detrimental to our well being. At Studio Yoho we are dedicated to providing classes and programs to suit all levels of ability, regardless of unique fitness and health concerns. If you are coping with:

- The effects from an accident or illness
- Concerns about your current level of fitness
- Challenges in mobility
- Lack of balance or endurance
- Feeling uncomfortable in an exercise class setting

We invite you to explore the ways that Studio Yoho can support you in your healing. We provide a safe and nurturing environment in which to experience the restorative powers of movement.

Spring is a time for renewal, restoration and new beginnings.

Why not purchase the gift of the Yoho experience for someone you care about! Give a Mother's Day Gift Certificate for any Studio Yoho class or workshop and watch your loved one smile! In addition, on May 15th join Mark for a FREE introductory Kripalu Yoga class from 12:00-1:30 pm. Join Sue for Treat your Feet, a Yoga clinic designed for your feet, on Saturday May 7th from 2:00-3:15 pm.



Visit our web site at www.studioyoho.com to learn more about Yoga, Pilates and Nia classes as well as workshops and special events.

Give us a call at 905.513.MOVE for more information.

Need Your Driveway Paved?



PARK PAVING LIMITED

HONESTY & QUALITY WORK - HAS KEPT US SERVING DURHAM REGION FOR 27 YEARS

RESIDENTIAL • COMMERCIAL • INDUSTRIAL

- Driveways
- Parking Lots
- Interlocking Stone
- Pre-cast Concrete Curbs

BOOK NOW Receive \$100.00 OFF Expires May 31/05 CALL FOR DETAILS

Please Call For A Free Estimate Ask For Vito 416-409-3673



fieldstone windows ltd.

(905)640-9287

- Highest Quality Products
- Bays, bows, cut-outs and entrance doors
- Custom Moulding
- Brick to brick or retrofit installations.

For Dependable Professional Results Call: 905-640-9287 www.fieldstonewindows.com



BEST NOODLE SOUP IN TOWN

15% OFF Tuesdays NO COUPON REQUIRED

8525 McCowan Road (at Hwy 7) Unit #4 Markham 905 294-8877

15% OFF Mon. or Wed. or Thurs. or Fri. or Sat or Sun. with this coupon. Expires May 31, 2005

Individuals and Businesses!

TAX TIME NEEDS NOT BE TAXING
JOE NEMNI FINANCIAL SERVICES

can help you Prompt and Professional E-file Services

905 640 0065
www.joennemni.com

Bukhara

Fine Indian Cuisine

All-You-Can-Eat

LUNCH \$7.99

BUFFET Mon. - Fri. only 11:30 - 3:30 pm

Saturday & Sunday \$9.99

DINNER 15% OFF food only

DINNER Mon. - Sun. 5 - 10:30 p.m.

680 Denison St.

Between Victoria Park & Esna Park

905-480-9388

*Coupon valid for a limited time only

wazawater systems

Start feeling good about your water!
(416) 689-WAZA 1-866-823-WAZA
www.wazawater.com

- Free in house water analysis
- Residential and Commercial
- Qualified Service Technicians
- NSF and WQA Certified Products
- Reverse Osmosis
- Water Softener
- Ultraviolet System
- Systems from \$349

15% OFF filter changes until May 31, 2005. MEMBER Water Quality Association