

FOCUS ON BUSINESS

Christmas Cheer
 Bring some home from the Queen's Pantry
 Both stores are brimming with beautiful gifts and holiday home decor.

Queen's Pantry
 176 Main St., Unionville, 477-4625

Queensbridge Mill
 4160-19th Avenue, Markham, 887-1127

BOXING

- Adult & Teen
- Boxing
- Wrestling / Grappling

Ron Beer Family Self Defense
 905-294-6044
 NEW 15 Heritage Rd, Unit 6
 www.grappling.ca

Crown Mouldings & Ceiling Makeovers

- 5" Crown Moulding from \$4.95 lin. ft.
- 7" Crown Moulding from \$5.95 lin. ft.
- Crown Moulding by Plasterworks fr. 8.95 ft.
- **Yes!** You can replace builders stucco ceilings!
- Ceiling Makeovers from \$2.50 sq. ft.
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- Pot lights installed from \$149.00 ea.
- Financing Available (OAC)

Free In-Home Estimates

Canadian Trim & Decorative Ceilings Inc.

Locally manufactured and professionally installed.
 905-669-0505 Toll Free 1-866-869-TRIM (8746)
 www.CanadianTrim.ca

MAKE YOUR HEALTH & FITNESS RESOLUTION NOW!
JOIN & WORKOUT FREE until JANUARY

changes for women

30 minute inch-loss centres
905-927-9017
 9570 McCowan Rd. (N of 16th)

Gift Certificates Available!

SANDY'S AUTO SERVICE LTD.

2000 Pontiac Grand Am Loaded.....\$6600

1996 Pontiac Grand Am Loaded.....\$3500

Both vehicles are certified, E-tested and meticulously repaired by "The Doctor"

176 Bullock Dr., #8, Markham 905-294-3868

Lockridge HiFi

Lockridge Hi-Fi's 2nd Music Night
 Date: December 29, 2005
 Venue: Lockridge Hi-Fi (16TH & WARDEN)
 Admission: Free
 Visit www.lockridgehifi.com for details.

Christmas Special:
 All Home Theatre Equipment 20% - 40% Off Now thru Dec. 31, 2005

16th Ave
 Woodbine Lockridge Warden

50 Lockridge Ave #14, Markham. Tel: (905) 475-6300

Celebrating the Holidays!

The Queen's Pantry is dressed in festive finery to celebrate the holiday season. Visit their two locations to discover unique gifts and dazzling home accents and furnishings to deck your halls with beautiful holiday décor to create your best Christmas ever! They also specialize in distinctive gift baskets that can be customized for that special someone.

Karen and Linda Chadwick have operated the Queen's Pantry on Main Street Unionville for 24 years. Seven years ago, they bought the building on the historic site of the old Almira Mill and renamed it The Queensbridge Mill. It is over 7,000 square feet of room settings designed around the colour palettes of The Paint Café-their signature paint. In fact, there are over 50 colours painted on the walls of the Mill. All the rooms have been decorated for Christmas to inspire you to create your own magic at home.

Both locations have extended shopping hours during the holiday season.

The Queen's Pantry,
 176 Main Street, Unionville
 (905) 477-4625.

Hours: Mon. Dec. 12 - Wed. Dec. 14 — 10:00 am - 5:30 pm
 Thurs. Dec. 15 - Sat. Dec. 17 — 10:00 am - 10:00 pm
 Sun. Dec. 18 — 12:00 noon - 5:30 pm
 Mon. Dec. 19 - Fri. Dec. 23 — 10:00 am - 9:00 pm
 Sat. Dec. 24 — 10:00 am - 4:00 pm

Closed: Sun. Dec. 25th

Boxing Day Sale
 Mon. Dec. 26 — 10:00 am - 5:30 pm


The Queensbridge Mill, 4160 - 19th Ave., Markham (Between Warden & Kennedy)
 (905) 887-1127

Hours: Mon. - Sat. — 10:00 am - 5:00 pm
 Sun. — 12:00 noon - 5:00 pm

Closed Dec. 25 & 26

Boxing Day Sale
 Tues. Dec. 27 — 10:00 am - 5:00 pm

Happy Holidays!



Our Resolution: Change Markham Inch by Inch

The holiday season is here & it's time to make your fitness & weight-loss resolutions! With over a year of success behind them, the team at Markham's Changes for Women 30-Minute Inch-Loss Centre is confident that they can help you reach your goals. Unlike most fitness centres, Changes offers free one-on-one coaching. This thrilled Lisa, who joined in March. She states, "I've taken off inches at previous gyms, but ended up getting lost in the crowd. At Changes the wonderful staff have kept me motivated & challenged in fun ways." Even as their membership grows, Changes is committed to offering a comfortable & nurturing environment. Members enjoy how 'social' the atmosphere is & how they are encouraged to support each other in a non-competitive way. This locally owned & operated, Canadian franchise provides much more than just the standard 12-machine circuit. Their hydraulic equipment is specifically designed for women to eliminate injury & is easy to use. Memberships include a variety of classes which are instructed at convenient hours, fitness & nutritional counseling, as well as inch & weight loss tracking. Ladies love the extended hours & that they have full access to the club 7 days a week for as long as they like. It's hard to believe that all this comes at no additional cost!


How does Changes maximize your fitness dollar? By sticking to what is essential to a great workout. "We focus on what members want - to lose weight, tone-up, get healthy or just stay fit. Yes, we have high-quality machines along with fun & challenging classes, but we also don't let our members stray from their commitment to their health & fitness. Believe it or not, we actually call those 'missing in action' to keep them on track. What we don't have are saunas, juice bars or expensive hand creams," says staff member, Lindsay. Coach Carol adds, "We really get to know our members & strive to help them get the most out of their workout. Changes for Women is perfect for the busy woman. The equipment works twice the amount of muscles in half the time as 'traditional' equipment. Therefore, you only need to spend 30 minutes to achieve a full workout. Hard to believe? Try a 7 day pass & see for yourself!"

In addition to the circuit, others also benefit from the club's Ideal Protein Weight-Loss Program. This structured, medically designed diet is an option some pursue to help safely achieve their weight-loss goals. Not only is this diet cost-effective, but those who have committed to the plan have seen great results & have been able to keep the weight off. Unlike other weight-loss success stories that you read about, the ones at Changes are real women with real results. "Some of the most touching moments my partner Marita & I have witnessed are when any of these ladies are heard happily sharing their successes with anyone that asks," says co-owner Pam. "It's easy to tell people about the diet, but it's more empowering to actually see the results & be able to discuss the program with those who have experienced it."

"It's been great to see the club grow. We've introduced many new classes & fun Inch-Loss Challenges," says coach, Amanda. "The results we see everyday from everyone's hard work are amazing." Owners Marita & Pam & their staff (who've been there since the beginning) are truly part of the community. They live in & around Markham, but along with their members, take pride in participating in charitable events. For example, October's Run for the Cure & the Toronto Marathon. Currently, they are accepting donations for the CHUM/City Christmas Wish & the Markham Food Bank.

Make your resolution now & give yourself the gift of health. Join now & workout FREE until the New Year. In the spirit of the season, Changes will donate a portion of the current registration fee to charity. Please come in or call for details.

Changes for Women,
 9570 McCowan Rd. (N of 16th at Bur Oak),
 905-927-9017



You Cook or We Cook!

Christmas and New Years Menu!

Appetizer, Soup, Main Course & Dessert

5892 Main Street, Stouffville, just beside the Giant Tiger

Business Hrs. 7 days/week
 11am to 10pm
 Make your reservation now!
 Get 10% OFF with 3 days advance booking.

KimChi Korean BBQ Cuisine
 Tel: 905-640-6600



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