

ASTHMA?
We can help.
Call The Lung Association



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

Tim Ferris, general manager
York Region Sport & Social
Club, wants to help active
adults find places to play.



Hearing Centre Grand Opening Celebration!

Join us Thursday, February 23rd
or Friday, February 24th, 2006.

Shoppers Home Health Care Hearing Centre, is proud to announce its Grand Opening. Special events include 2-for-1 battery sale and digital hearing aid demonstrations. In addition, Conrad, our factory trained technician, will be on hand to do minor adjustments, repairs and cleanings.

We're in your neighbourhood!

9255 Woodbine Avenue (Cachet Centre), Markham ON

Monday to Friday, 9:00am - 5:00pm

Call 905.887.9055 to schedule your
free hearing evaluation.



Keeping adults active new sport group's mandate

BY JOHN CUDMORE
Staff Writer

Sometimes, the most difficult hurdle for a sports-minded adult is getting in the game.

The York Region Sport & Social Club might have the solution.

Born through the Toronto Central Sport & Social Club established a decade ago, the program launched in York Region last week with organizers enthusiastically projecting more opportunities for sport involvement for adults.

In fact, participants will soon have the opportunity to select from a wide variety of sports at a recreational level and expand their social outreach at the same time.

Initially, the York Region branch will provide volleyball, dodgeball, indoor turf soccer and floor hockey. But if the Toronto-based version of the concept is any indication, the playing field is wide open for other activities.

Initially, it is a co-ed concept although the Toronto-based program also offers single gender opportunities.

Registrations for winter programs are still being accepted.

"The response has been over-

whelming," said Tim Ferris, general manager for the York Region program, who said the strategy is to employ a mix of private and public facilities to satisfy requirements as they expand in the region.

'We expect it to start simple but as demand increases we'll break it up from there.'

Rolston Miller
program director

"We're very excited to come into a new area. Toronto Central has been so successful, it's just a matter of getting the word out."

Registration for programs is available on an individual and team basis. Most programs run from eight to 12 weeks. Registration rates vary by the sport but are in line with existing community programs.

The official mandate is to coordinate and facilitate sports and recreation leagues for men and women over 18, said Rolston Miller, a director for the program.

Miller recalled the difficulty his wife, Kritsi Herold, endured seeking to join a sports league when

she moved to Toronto. It is a common problem faced by active adults when they settle in a new community only to find established leagues and programs with no openings for new players.

"There was no shortage of serious sports, but that meant signing up and practicing a couple of nights each week and playing tournaments on the weekend," Miller recalled.

"This is a little more intramural. People are asking for sports in their neighbourhoods."

The target, said Ferris, is to localize activities across the region.

In a decade, the Toronto Central program has seen its database climb to 30,000 participants. That translates into a "sports menu" of more than 250 different programs offered at various skill and intensity levels.

"We expect it to start simple but as demand increases we'll break it up from there," said Miller. "Participation is a key element to a healthy lifestyle. 'It's the experience of sports.'"

For further information, contact the York Region Sport & Social Club by visiting www.yrssc.com or by calling 416-481-4263.

GREATEST ESCAPES

Sears travel

In Store 1-866-359-7327 .ca

MEXICO FROM \$79/MONTH

TORONTO DEPARTURES

Signature Vacations

12 EQUAL MONTHLY INSTALLMENTS
INTEREST FREE

BOOK NOW. TRAVEL. PAY LATER*

EUROPE ESCAPES

CRUISE ESCAPES

MILAN & ITALIAN TREASURES
10 days - April 20 - October 5/06 - Escorted Tour - Moderate to First Class - Land Only
10 days visiting 2 countries, leisurely paced
Visiting Milan, Venice, Lake Garda & more!
From \$1,550 OR **\$129/month***
Trafalgar Tours

BEST OF SPAIN
16 days - Mar 18 - Oct 28/06 - Escorted Tour
First Class - Land Only - 16 days, visiting 2 countries:
Madrid, Toledo, Burgos, Santander, Bilbao, San Sebastian, Pamplona, Zaragoza, Barcelona, Peniscola, Valencia, Granada, Torremolinos, Gibraltar, Seville & Cordoba
From \$2,299 OR **\$192/month***
Trafalgar Tours

HAWAII
Maui Roundtrip
Pride of Aloha - 7 nights - April 15/06
Cat. H - Outside Stateroom - Cruise Only
(Ask about airfare)
\$1,175 OR \$98/month*
Taxes & fees \$75
Encore Cruises/NCL America

CARIBBEAN & PANAMA
Ft. Lauderdale Roundtrip
MSC Lirica - 11 nights - March 20/April 11/06
Cat. 6-9 - Outside Stateroom
Receives the best available outside stateroom for the price of an inside!
\$1,099 OR \$92/month*
Taxes & fees \$66
Encore Cruises/MSL Cruises

PEOPLE YOU TRUST. VACATIONS YOU TREASURE.

Markville Centre
(905) 946-8077



*Equal monthly installments and Pay Later offers are valid only when purchased on the Sears Card, on approved credit, and through Sears Travel with participating suppliers from January 1 to March 31, 2006. All applicable taxes plus a \$55 deferral/installment billing fee will be charged to your Sears Card Account at time of booking. Payment options and exclusive offers valid on new bookings only. In the event you must cancel, the cancellation penalties as published in the participating tour operators and/or cruise lines brochures/plyers will be charged to your Sears Card Account on the cancellation date. Unless otherwise stated, optional financing programs do not qualify for Sears Club Points. Prices are valid at time of printing, are subject to availability and may change at time of booking. Payment options and plan details may be changed or discontinued at any time without notice. Local departure taxes are not included. **Cruise rates are Cruise Only, include NCL in USD dollars, per person based on double occupancy and capacity controlled. All taxes and government fees are as indicated. Offers subject to category and promo availability and can be withdrawn at anytime without notice. Package rates shown are per person based on double occupancy, include all Early Booking Bonuses, and are based on the designated departure gateway. Star ratings as per suppliers' current 2005/2006 winter brochures. See Sears Travel for complete details, terms & conditions. ©2006 Sears Canada Inc. (U.S.A. Sears Travel Service, Inc. Reg. #12264141. ® Registered trademarks of Royal Bank of Canada. Used under license.

