

OFF-ROADING



STAFF PHOTO/SJOERD WITTEVEEN

Sandor Horvath on Rufus (left) and Juliette White on Spice ride in the York Regional Forest along Aurora Road near Ballantrae in Whitchurch-Stouffville Tuesday.

\$1 dinner back at Latcham Hall

The fifth \$1 Community Spaghetti Dinner will be served up Nov. 7 from 5 to 7 p.m. at Latcham Hall.

"We're a couple of local families who decided to rent a hall in town and host a cheap dinner," said Amanda Miles, one of the organizers, "so that people in the neighbourhood could get to know each other better without cost being a limiting factor."

▶ Looking for more things to do? Go to our free online calendar at pop.yorkregion.com

The first dinner was held last February.

The Monday-night events have proven popular with a cross-section of Stouffville residents.

Latcham Hall is at 8 Park Dr. in Stouffville Memorial Park.

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York Region Children's Aid Society

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

TYPE II DIABETES

If you suffer from **Type II Diabetes** then attending this free symposium may be the most important thing you do this year. The free symposium will explain why Type II Diabetes continues to rise at an alarming rate. You'll discover how new approaches are showing remarkable progress in reversing Type II Diabetes. Many have reduced medications and stabilized and lowered their blood sugar dramatically. Dr. Allen Turner is an international speaker and lecturer who has been featured on the *Dini Petty Show, National News and Canada AM*. He will present a free symposium on **Thurs., Nov. 3 at 7:30 pm** at the Stouffville Health Centre. **Call 1-866-541-2225 OR email seminar_registration@rogers.com** (include # of seats & contact info.) for reservations.

Location: Stouffville Health Centre 6219 Main Street, Stouffville, L4A 8A4



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