

**Donate food, mittens at parade**

Stouffville's Scouts will have a Grinch theme to their float in the Stouffville Kinsmen Santa Claus Parade. But they will play the role of Santa, collecting food and mittens in wagons from spectators along the parade route.

The parade runs along Main Street Dec. 7.

**Flu shots, winter advice given tonight**

Winter is upon us. Just look outside. The Ballantrae Golf and Country Club's

recreation centre is where you will find information on staying healthy this winter and where you can get a flu shot tonight.

Flu shots will be available at 6 p.m. At 7 p.m., the health panel gets underway.

Speakers include chief of family medicine at Markham Stouffville Hospital Dr. Jane Philpott; local physiotherapist Natasha Weber and Stouffville-based family physician Dr. Sarah Barclay. For more information, go to [www.philbannon.ca](http://www.philbannon.ca)

Flu shots are also available from most local drug stores. Check with your neighbourhood pharmacist.

**OAK RIDGE FAMILY EYE CARE  
NOW OPEN!**

- Comprehensive Exams
- Designer Eyewear
- Two Year Warranty on Frames
- Guaranteed Contact Lens Success Program
- Open evenings and Saturdays



Jasmintha Ellaurie, O.D.

Join us for our Ribbon Cutting Saturday, November 30th at 2 p.m.



Oak Ridge  
FAMILY EYE CARE

2 - 5917 Main Street, Stouffville (905) 591-3937  
[www.oakridgefamilyeyecare.ca](http://www.oakridgefamilyeyecare.ca)



- 1 PLAN TOGETHER
- 2 SHOP TOGETHER
- 3 COOK TOGETHER
- 4 EAT TOGETHER

**Kids who plan, shop, cook and eat with their family enjoy benefits that go beyond nutrition.**

**COOK UP some FUN!** with your family

For info, tips and a chance to win a \$200 grocery store gift card, visit [www.york.ca/nutrition](http://www.york.ca/nutrition)

1-800-361-5653

T.V. for those with hearing disabilities

1-866-252-9933

York Region Health Connection

Community and Health Services  
Public Health

[www.york.ca](http://www.york.ca)

Facebook.com/YorkRegion

Twitter.com/YorkRegionCA

**I.D.A.  
STOUFFVILLE**

**realite FLAMELESS CANDLES**

**20% OFF**  
OUR REGULAR RETAIL PRICE UNTIL DEC. 4TH

**DISCOVER KIDS ECO-FRIENDLY COLOUR & PLAY DOLLHOUSE, POLICE CAR OR AIRPLANE**

**19.99 EA.**

**TENA PROTECTIVE UNDERWEAR**

**12.49 PKG.**

**WEBBER NATURALS DIABETEX SUPPLEMENT SELECTED TYPES & SIZES**

**20% OFF**  
OUR SUGGESTED RETAIL PRICE

**TIDE 2X ULTRA LIQUID LAUNDRY DETERGENT 20-25 LOADS OR DOWNY UNSTOPABLES 275G**

**3.99 EA.**

**CASHMERE BATHROOM TISSUE DOUBLE 8-ROLL OR ULTRA DOUBLE 8-ROLL**

**3.99 PKG.**

**AVEENO BODY WASH 354ML - 473ML**

**5.99 EA.**

**SECRET OR MEN SPEED STICK OR LADY SPEED STICK 45G - 48G**

**2.49 EA.**

**FIGHT THE FLU**

**FLU SHOTS NOW AVAILABLE**

No appointment necessary.  
Tuesdays and Wednesdays • 10 am - 4 pm

**CUSTOMER APPRECIATION DAY**

**10% OFF**

LAST TUESDAY OF EVERY MONTH  
ALL REGULAR PRICED MERCHANDISE\*

**I.D.A.** 6212 MAIN ST., STOUFFVILLE

**905-640-3324**

Prices in effect Thursday, November 28 until Sunday, December 8, 2013

**FREE DELIVERY!**

**OPEN SUNDAYS!**