

# Downtown Stouffville



Sunday Brunch  
10:30am-2:30pm

6403 Main St.  
Stouffville  
905.640.8494

www.thecornerhouse.ca

**Back to School Frenzy**  
Let us help free up the schedule!

- ✓ Meat Pies
- ✓ Heat & Serve Meals (ready in 10 mins!)
- ✓ Lunch Meat (store made, no preservatives)

Pre-order and we'll have it ready when you get here!



6296 Main Street  
(905) 642-9892  
www.themeatmerchant.ca

## FALL PROPOSED PROGRAMS AT 55 PLUS CLUB - Latcham Hall

CLASS NAME	DAYS	START	ENDS	TIME	COST	DURATION
Art Studio Days	Monday	September 8	September 22	1:00 - 4:00	\$40.00	3 weeks
Line Dance Level 2	Monday	September 29	December 15	1:30 - 3:00	\$66.00	10 weeks
Line Dance Beginners	Monday	September 29	December 15	3:15 - 4:15	\$60.00	10 weeks
WaterColour Beginners	Monday	October 6	November 17	9:30 - 3:30	\$55.00 Per session	4 classes
Mat Yoga	Tuesday	September 23	December 9	9:00 - 9:45	\$78.00	12 weeks
Line Dancing Level 2	Tuesday	September 30	December 16	10:00 - 11:30	\$78.00	12 weeks
Chair Yoga	Tuesday	September 23	December 16	11:45 - 12:30	\$78.00	12 weeks
Country Line Beginners	Wednesday	September 24	December 10	9:15 - 10:15	\$72.00	12 weeks
Computer Basics	Wednesday	October 8	October 29	10:00 - 11:00	\$45.00	4 weeks
Country Line Level 2	Wednesday	September 24	December 10	10:30 - 12:00	\$80.00	12 weeks
Acrylics	Wednesday	October 8	November 26	1:00 - 3:30	\$75.00	8 weeks
Tai Chi	Thursday	September 18	December 18	9:30 - 10:30	\$72.00	12 weeks
Chair Yoga	Thursday	September 18	December 11	11:00 - 11:45	\$72.00	11 weeks
Osteo Fit	Thursday	September 18	December 18	12:00 - 12:45	\$72.00	12 weeks
Scottish Country Dance	Friday	September 26	December 12	9:30 - 11:00	\$80.00	12 weeks
Stretch 'n' Core	Friday	September 26	December 12	11:15 - 12:00	\$72.00	12 weeks
WaterColour Painting	Friday	September 26	November 14	1:00 - 3:30	\$75.00	8 weeks

REGISTRATION STARTS SEPTEMBER 2<sup>nd</sup>

IF THERE IS INSUFFICIENT REGISTRATIONS FOR SOME OF THE CLASSES  
WE WILL CANCEL THOSE CLASSES

News from the 55 Plus Club  
by Rochelle D'souza

Our fall programs are ready to take off and registration starts September 2nd. We have several programs running provided we get sufficient registrations. We have Art Studio days, Watercolour, Line Dancing, Mat Yoga, Chair Yoga, Country Line, Computer Basics, Acrylics, Tai Chi, Osteo Fit, Scottish Country Dance, Stretch 'n' Core not forgetting our many 50 cents drop in programs. We have a Craft Club, Travel club, Book Club, Movies, Cafe 55, Lunches and Trips. For details, send an email to ws55plus@outlook.com or call 905-640-1910 Extension 2955, check the town website www.townofws.ca/55plusclub or drop by the Latcham Hall, located at 8 Park Drive South, our friendly receptionists will fill you in on details.

The 55 Plus Club is committed to serve our seniors. Periodically, we run special seminars, this time it is on ARTHRITIS. Take the Chronic Pain Management Workshop, a two hour course that gives you the tools to help control the pain of your disease. You will learn about the sources of arthritis pain and how to handle it. From helpful tips to an overview of the different medications used to treat arthritis, instructors from the Arthritis Society will discuss your options for managing pain. When arthritis pain takes over your life, it's time to try a new approach. Let the Chronic Pain Management Workshop be your prescription for relief. So be sure to mark your calendar September 17th for another outstanding seminar. We will enjoy a continental breakfast and the cost is \$5.00. Tickets are now available. You will learn a lot, so don't miss it! Caregivers are welcome!



## The Hearty Artichoke

Guilt free Pizza with Brad King's Starch and Fat Blocker



\$2.00 off with this coupon

Expiry September 30, 2014

Code: 03-796

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**State Farm®**

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State Farm, Canadian Head Office, Aurora, Ontario

# Downtown Stouffville Farmers' Market

Thursdays May 8 to October 9  
2pm to 7pm

New Location  
6240 Main Street  
Street  
(Old Care & Share Parking Lot)

Celebrate the wonderful bounty of freshly produced products from our farmer, businesses and neighbours in Ontario