



HAPPY HOLIDAYS

STK

STOUFFVILLE
TAEKWONDO • KARATE

'Give the Gift of Fitness!'

• OLYMPIC TAEKWONDO • AFTER SCHOOL PROGRAM • YOGA • TAI CHI

MARTIAL ARTS TEACHES:
Confidence, Self Control, Self Discipline, Respect & how to "Stick-To-It"!

5 weeks of classes **\$88**

CALL NOW! 905-591-4STK (4785)

30 Innovator Dr., Unit 10 • info@s-t-k.ca • www.s-t-k.ca

IDA

STOUFFVILLE




HALLMARK
Boxed Card Assortment
32 Cards

3⁹⁹
EA



BLACK MAGIC
Chocolates
174g


4⁹⁹
EA



ENSURE
6 x 235ml or
GLUCERNA
6 x 237ml

Meal Replacements

7⁹⁹
PER



TENA
Protective Underwear
12's - 14's

12⁹⁹
EA



OLD DUTCH
2X Laundry Detergent
2.05L



TRESEMME
Hair Care




Car & Truck AUCTION

Sat. Nov. 22 10AM PREVIEW
12PM START

Over 100 Cars to be SOLD!
www.maa48.com

Metro Auto Auction Sutton Ontario 25426 HWY. 48 **905 960-5546**

BOIRON WINTER ESSENTIALS

6⁹⁹ EA **COLD**
Nasal Congestion
Runny Nose
Sneezing
Coryzalia
or Cocyntal
15-Dose

7⁹⁹ EA **COUGH**
Dry Cough
Wet Cough
Stodal Children's
Cough Syrup
125ml

10⁹⁹ EA **FLU-LIKE SYMPTOMS**
Body Aches
Headache
Fever & Chills
OscilloCoccinum
Natural Remedy
6'

Atos Markham

Pan Am/Parapan Am Centre

Grand Opening Celebration

Everyone Welcome!

Sunday, November 23 • 2 - 6 p.m.
16 Main Street Unionville • 905.475.4730

Bring your bathing suit and join MARKHAM'S BIGGEST POOL PARTY!
Prizes • Sports Demos • Activities • Entertainment
The first 1,000 attendees will receive a FREE PACHI plush souvenir!

#MKMPanAm





GET YOUR **FLU SHOT** HERE

AVAILABLE NOW
NO APPOINTMENTS NECESSARY

Quality Guaranteed or Your Full Money Back

CUSTOMER APPRECIATION DAY
LAST WEDNESDAY OF EVERY MONTH

10% OFF ALL REGULAR PRICED MERCHANDISE*
*Prescriptions and Narcotic OTC products excluded

Ask about our IDA rewards cards

Introducing Super Supplement Thursdays

Starting today, every Thursday you will receive

10x the rewards points on all nutritional supplements.

If you are not yet an IDA Rewards Card Holder, sign up today!

FREE UNDERGROUND PARKING – ELEVATOR ACCESS

IDA

6212 MAIN ST.,
STOUFFVILLE

905-640-3324

Prices in effect Thursday, November 20 until
Sunday, November 30, 2014

FREE DELIVERY!
OPEN SUNDAYS!