

STOUFFVILLE

A REVIEW OF SOME OF STOUFFVILLE'S



PHOENIX FITNESS SPECIALIZES IN UNIQUE PERSONAL TRAINING

Individual programs tailored to attain your goals.

"Good Health is the ultimate Wealth." says Caroline Frenchman, certified personal trainer at Phoenix Fitness. "Personal training is not about going from machine to machine. At Phoenix Fitness we design an exclusive program geared towards meeting your individual needs."

Caroline has established a private fitness studio in Stouffville for individuals or small groups when people want to work-out together with their friends. Caroline has been successfully training people who are concerned with health and wellness for the past five years. She is an expert in finding solutions to overcome physical limitations that other exercise programs rarely address.

Phoenix Fitness invites you call or e-mail to set up a private appointment for a free consultation and discuss your goals. Introductory sessions start as low as \$30 at this unique private studio. No membership fees. No long-term financial commitments.

Interested in improving the quality of your life by lowering your stress level, decreasing your blood-pressure and losing weight? Need a "tone and a tune-up"? We might even be able to improve your golf score! Begin your lifestyle change. Make that call today and sleep well tonight.



Conveniently located just off Main Street west of downtown Stouffville.
(905) 640-6483 or
email: phoenixfitness@rogers.com



Happy clients Derek, Sunny and baby Jamie

MAKING DREAMS COME TRUE !

Stouffville's MARGO BIBBY, Re/Max International "100 % Club" Member, has energetically partnered with hundreds of clients, to turn their real estate dreams into reality. Margo believes in personalized service and takes great pride in applying successful strategies to match individual needs - whether selling your present home or finding the home of your dreams. Margo has experience in real estate sales, real estate law, new home and land development and small business ownership. She can connect you with any professional you'll need in the home sale/purchase process.

DOUBLE THE SERVICE !

Five years ago, GORD BIBBY, B.A., M.Ed., joined Margo, after 30 years of service in public education. Gord brings a wealth of experience in administration, marketing, personnel development and a keen knowledge of York Region and the greater GTA.

HAPPY CLIENTS !

Margo and Gord have a 100% guaranteed service commitment to provide the highest level of real estate service.

"Wow! You two really delivered excellent service." - Wayne & Renee



"Margo & Gord are both wonderful people to deal with - honest, high integrity, endless patience and sound advice." - Elizabeth & Paul

"Personal attention and genuine care greatly reduced our stress - great staging of our home resulted in quick sale for more than the asking price!" - Jeff & Sophie

FOR SERIOUSLY FRIENDLY SERVICE
CALL MARGO & GORD
905-640-3131



CATERING 2 U Mouth Watering Menus for People on the Run

Silver Lining Party Planning & Catering Services is pleased to introduce our newest offering..... Catering 2 U.

Catering 2 U is making available a select menu of meals that are prepared ahead and frozen ready for delivery to you. It's perfect for when you have last minute guests, are spending all day at the hockey game or on the ski slopes.

As with Silver Lining's full service catering and party planning, the meals prepared for Catering 2 U are homemade. We can also prepare a fresh salad and dessert to compliment the main entrée.

Silver Lining is unique in our service to our clients in that we offer set-up, serving and clean-up so you can relax and enjoy your guests and the next day your home and life is back to normal. Our clients have named us the "casual caterers" as our staff is committed to working with each client to prepare the menu and are friendly and relaxed and do their utmost to make you and your guests comfortable and confident during all the stages of hosting your party.



For a complete list of menus call Debra Kent
at Silver Lining Party Planning Services at 416-276-7549.
Or email us at silverlining@bellnet.ca



MAIN STREET BISTRO Offers Mouthwatering Fare for Thanksgiving - or Any Occasion

If you've never visited Main Street Bistro in Downtown Stouffville you are in for a delightful surprise. This tastefully decorated eating establishment combines Old World Mediterranean charm and gracious hospitality with an exquisite menu and a selection of wines hand picked to enhance your meal.

Host George Kyriakidis invites you to turn Thanksgiving into a gourmet experience by visiting the Bistro to enjoy his exquisitely prepared turkey with all the trimmings. Thanksgiving Dinner will be served Sunday October 7 from 11 am to 10 pm at the Bistro. There's still time to make reservations but call today to avoid disappointment.

There's always something new at the Bistro. George is putting the finishing touches on menu additions including hormone-free chicken, beef, lamb and pork from organic farms in Ontario and Quebec. "You can really taste the difference," says George. At the same time, George has gone to his homeland to bring back a new line of wines. "These wines are made from grapes that are cultivated in the organic earth on the Greek island of Paros. They have been a huge hit. I've had customers wanting to order them by the case!"

George, who operated restaurants in the Toronto area for 40 years, prepares everything fresh, the European way, using herbs, wines and secret ingredients. Specialties include Mediterranean-inspired dishes such as grilled calamari, escargot, lamb and salmon that have earned rave reviews from patrons from across the GTA!



Main Street Bistro is located at 6146 Main St. just east of Edward St. in Downtown Stouffville. Open for lunch and dinner Tuesday through Sunday. Private functions and special occasions welcome. Reservations recommended on weekends.

Call 905-640-0355